



# League Handbook

REVISED October 5, 2017

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Please note: We go to great lengths to ensure as much about the policies and rules but will not cover every situation or circumstance surrounding the game of football. All information in this handbook can be changed without notice by the HIFA Board.

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## **SECTION 1**

### **HIFA STRUCTURE AND POLICY**

Hawaii Impact Football Association (HIFA) is a youth athletic organization that promotes sportsmanship, teamwork and dedication while learning the fundamentals of football in a safe and enjoyable environment. Our goal is for each player to learn life lessons that goes beyond the playing field and into their academics, families and communities. We strive to instill values of education and the importance of keeping a proper balance between their scholastic and athletic undertakings.

The Hawaii Impact Football Association program has various levels of competition from flag football for ages 5 - 10 to competitive tackle football for 9 -13. The expectations for the season for the players, parents, and coaches will vary based on the age & division they play in and are outlined throughout this handbook.

The overall purpose of the HIFA is the following:

- To provide a safe environment for children to participate in flag and tackle football.
- To ensure the game is for the youth and the atmosphere in which they participate is free from the trappings of adult emotions and issues.
- To provide any and every opportunity to children to play football for fun, regardless of race, religion, gender, economical standing or any other basis not related to the safety of the participants.
- To teach sportsmanship, discipline, self-control and the fundamental of football, while encouraging competitive play.
- To provide an environment where participation is with youth of comparable age and weight with the focus on ensuring a level playing field is established and maintained for the majority of participants.
- To provide a simple and functional framework that allows teams from the various participating communities to play each other, thereby allowing participating teams to play teams from several different communities.

Non-compliance with the policies, rules and regulations outlined in this handbook can result in a review of non-compliance by the HIFA Board of Directors and a possible suspension of the guilty organizations participation in HIFA events.

It will be the responsibility of the individual League Representatives to ensure that each coach and Game Commissioner is given the referenced documents discussed in this handbook.

The following are policies that apply to the structure of the HIFA and all organizations participating in activities sponsored by the HIFA:

1.1 All youth, regardless of race, religion, sex or color will be eligible to participate in any organization affiliated with the HIFA as long as they meet and comply with all eligibility and player regulations and requirements.

1.2 All HIFA organizations must be established as a team/organization, not an individual.

1.3 HIFA is a Nonprofit Corporation.

1.4 All HIFA organizations must maintain current Articles of Incorporation with the Hawaii Secretary of State. A copy of your State certificate must be on file with the HIFA and must be renewed with the State of Hawaii annually. More information can be found under the Hawaii Secretary of State link at Domestic Profit Corporation <http://cca.hawaii.gov/breg/registration/dpc/forms/> or Domestic Nonprofit Corporation <http://cca.hawaii.gov/breg/registration/dnc/>.

1.5 The Board shall not permit the solicitation of funds in the name of HIFA unless all funds raised are deposited in the organizations common funds account.

1.6 Each organization will pay the HIFA a \$50.00 deposit for each division committed due at time of signing HIFA registration. The \$50 deposit will be used towards the total due. Failure will result in being suspended from the game schedule until fees are paid in full.

1.7 Each organization will pay the HIFA a \$15.00 fee per player due no later than the day of the first official weigh in. Failure to comply will result in teams being suspended from the game schedule until all fees are paid in full.

1.8 HIFA Fees include, but are not limited to:

MONTHLY MEETING HALL

YEARLY RECERTIFICATION OF WEIGH IN SCALE

RENTAL OF ID MACHINE, ID's AND OTHER ITEMS RELATED TO IDs

BACKGROUND CHECK

ADVERTISING - FLIERS, WEBSITE, SIGNS, BANNERS, STICKERS

## AWARDS

## PROMOTIONAL AND MARKETING ITEMS

1.9 Each organization is required to provide a blanket insurance policy for ALL participating members in their organization (players, coaches, etc.) regardless of the existence of primary insurance coverage held by the participant/volunteers. The policy should list “all sites hosting any sanctioned HIFA events” as additionally insured. A copy of the insurance policy is to be sent to HIFA via email or postal service. HIFA will be providing umbrella policies for areas that are interested.

1.10 The following policies will be considered the current rules applying to the scheduling of organizations for games:

1.10.1 An HIFA Committee assigned by the HIFA President will work with OIA to draft a game-day schedule.

1.10.2 Teams will be randomly placed in divisions using commitments from each organization.

1.10.3 Teams MUST play all games as scheduled, unless changes are mutually agreed to by both Organization Representatives/HIFA Directors and approved by the league president.

1.10.4 Any changes MUST be approved three (3) days prior to the game. Every attempt MUST be made to notify anyone who may be impacted by any scheduled game change.

1.11 In the event of a written complaint, grievance or alleged violation of HIFA Rules or Code of Conduct, the following procedure is hereby adopted:

1.11.1 Anyone who wishes to address the league regarding any alleged Rule violation or Breach of Code of Conduct, MUST do so via email no later than forty-eight (48) hours from the alleged incident.

1.11.2 A committee will convene which will be chaired by an HIFA Vice President and be comprised of four (4) Organization Representatives chosen by the Vice President.

1.11.3 The committee will investigate the alleged allegations, hear testimonies by any means and review any evidence necessary to validate or not, the accusations.

1.11.4 The committee will have a seventy-two (72) hour time frame in which to come to a decision regarding the allegations, unless uncontrollable circumstances force an extension.

1.11.5 The committee will rule and hand down any sanctions or penalties as it sees fit. Punishments, sanctions, suspensions, expulsions, probation, etc., will be decided by the committee. The actions open to the committee range from imposing probation, to permanent expulsion from the HIFA.

## SECTION 2

### **ORGANIZATIONAL REQUIREMENTS**

2.1 All organizational representatives MUST attend all HIFA meetings. In the event any representative cannot attend a scheduled meeting or event; a substitute representative MUST attend in his/her absence.

2.1.1 Meetings will be held every 1st Monday of the month at 7:00 pm starting in February with an exception of any 1st Monday that falls on a holiday, which will convene on the 2nd Monday of that month.

2.1.2 Meetings will take place at the *Oahu Veterans Center in Salt Lake* unless otherwise directed.

*1298 Kukila St, Honolulu, HI 96818*

2.2 Each organization representative is responsible for the operation and management of the organization they represent.

2.3 The coaching staffs for each program are individuals who volunteer their time to teach skills, discipline and the conduct that fosters good sportsmanship. The coach is a vital element to the success of the program. As such, the coaching staffs of the various programs MUST CONFORM TO THE PHILOSOPHY OF THE HIFA. To ENSURE a fun filled rewarding experience for everyone involved, the coaching staffs MUST uphold the Rules and Regulations of the HIFA, as well as be the leaders in setting the proper example.

2.4 All member Organization Representatives MUST sign an “agreement to enforce compliance” document. This document will outline the member organization representative’s duties and responsibilities to the HIFA. Failure to sign this agreement will result in the removal of that organization from the HIFA.

2.5 All HIFA participants MUST be insured by their organizations, regardless of the existence of primary insurance coverage held by the participant/volunteers. The policy should list “all sites hosting any sanctioned HIFA events” as additionally insured.

2.6 Each coach, player and parent/guardian MUST be given the HIFA Code of Conduct, and must sign off acknowledging the receipt of Code of Conduct. Organizations MUST keep these signature sheets on file and MUST be immediately produced for inspection, when requested by the HIFA.

2.7 Football camps/clinics that are run or hosted by any HIFA Organization MUST be provided to all organizations with in the HIFA as a “Football” camp/clinic, with the camp being available to any player wishing to participate.

2.8 Football camps will not be counted as any HIFA practice at any time.

2.9 The following documents MUST be made available to a parent/guardian of each participant in your organization when requested:

2.9.1 Phone list of all HIFA Officers/Directors.

2.9.2 Grievance policy.

2.9.3 Parent/Coach/Player Code of Conduct.

2.9.4 Current HIFA Handbook (this rule is optional; however, any Parent or guardian requesting a copy of the HIFA rules/regulations MUST be given to them.)

2.10 All Organization Representatives/HIFA Directors are responsible for the conduct of the fans, bystanders and anyone else on their fields or facilities while they host practices, games or any other HIFA events.

2.11 Each Organization representative/HIFA Director MUST appoint 1 “GAME COMMISSIONER” to attend each game hosted by their organization and when visiting other fields. The Game Commissioner will be responsible for the duties outlined in the “Game Policies” section in the current Handbook.

2.12 An appointed officer from each member organization will be responsible to ensure, by his or her signature, that the original legal birth certificate was inspected, and a copy of that certificate was taken. The appointed officer will sign that copy, which is that organizations guarantee of its validity. The HIFA can request birth certificate copies randomly throughout the season, also game commissioners on game day if needed.

2.13 All Organization Representatives, HIFA Directors, Coaches, Volunteers who will be within 10 feet of any minor during HIFA events MUST be cleared by the Hawaii Criminal Justice Data Center. Background investigation forms and process instructions can be found on-line at <https://ecrim.ehawaii.gov/ahewa/>. All cleared applicant reports MUST be kept on file with the organization requesting the background investigations. It is at the discretion of the HIFA to allow or disallow any applicant whose report shows any derogatory contents; however, sex or any type of abuse to a minor related conviction warrants immediate dismissal of that applicant from any HIFA function. Completed checks are good for two (2) years.

2.14 A copy of each team roster must be emailed to the HIFA President by the closing of the day, the Monday prior to the first official weigh in. The roster must list the players first and last name, age, date of birth and jersey number. Other items may be requested at the discretion of HIFA.

## **SECTION 3**

### **TEAM STRUCTURE REQUIREMENTS**

3.1 At no time is it legal for a player to participate in more than one division (i.e. Junior Tackle & Sophomore Flag) at the same time. No dual participation.

3.2 All teams will be divided into the four (4) age and weight divisions as defined in this handbook. (2 FLAG & 2 TACKLE)

3.3 Each team must have a TYPED team roster, complete with player's name, weight, jersey number and D.O.B. available for Game Commissioners and opposing coaches if requested.

3.4 All teams will have available all HIFA issued photo ID's before the start of the scheduled game time. Failure to have these ID's at a game will cause the offending team to forfeit that game if the opposing coach so elects.

3.5 All HIFA game sites must provide bathrooms or portable toilets.

3.6 Each team is required to have a medical emergency kit on hand at all practices and games. Ice packs, tape and a blanket are not required as part of the medical emergency kit but highly recommended.



## SECTION 4

### DIVISION, AGE AND WEIGHT STRUCTURE

4.1 Players outside of the weight maximums for their applicable age may move up one (1) weight division, but are not allowed to move down without a board vote.

4.2 Once a player moves up a weight division, he/she cannot move back down if they played in a regular season game in the higher weight division (scrimmages or other pre-season games would not fall under this rule).

4.3 The participant's age as of July 1st of every year shall be the participant's league age in all divisions.

4.4 The following are specific age and weights for each division:

Division		Ages	Weight
FLAG	Freshman	5,6,7	No weight limit
	Sophomore	8,9,10	No weight limit
TACKLE	Junior	9,10,11	Min 55 lbs. 1st 125 lbs. MID 130 lbs.
	Senior	11,12,13	Min 65 lbs. 1st 145 lbs. MID 150 lbs.

4.5 Two weigh-ins will be scheduled. 1 week prior to the first game and midseason. Weigh-ins are final on Midseason weigh in. All team weigh-ins will conclude and be considered final at the end of the team's designated weigh-in time.

Refer to weigh-in procedure sheet at the end of the handbook.

4.6 The following rules apply to weigh-ins;

4.6.1 The HIFA Official will conduct weigh-ins on a league provided weight scale.

4.6.2 A coach or game commissioner from each team must be present

4.6.3 The HIFA Official in charge of weigh-ins will have final say on disputes.

4.6.4 Each team must be ready for weighing 15 minutes before the time they are assigned.

4.6.5 Each team player must be lined up in the order in which they appear on the roster.

4.6.6 If a player MUST remove clothing to attempt to make weight, he/she MUST have a parent in attendance or at the very least wear gym shorts or underwear.

4.6.7 The only approved method of weight loss on weigh-ins is non-excessive exercise.

4.7 Player and Coach ID's will be taken at the first weigh in.

4.8 All ID's need to be turned in at the beginning of the midseason weigh in to the HIFA board members. All players that do not make the midseason weight will have their ID removed.

4.9 If a player does not make the initial weigh-in they will not be able to participate in scrimmages, preseason games or regular season games until midseason weigh-in where they will have a second opportunity to meet weight limits. Said players will be allowed to participate in practices.

## **SECTION 5**

### **PRACTICE POLICIES**

5.1 Practice start dates will be as directed by the HIFA Board of Directors each season. The first 20 hours of official practice must be non-contact practices. This rule also applies to all players registering or arriving late.

5.2 Divisions may conduct non-contact, non-mandatory conditioning 2 weeks prior to the first practice, however this will not be considered as hours for official practice.

5.3 Divisions may practice 12 hours a week until the last week of August.

5.4 Upon start of the first week of Septembers practice schedule, teams are only allowed:

5.4.1 FLAG: 6 hours of practice a week until the end of the season.

5.4.2 TACKLE: 8 hours of practice a week until the end of the season.

5.5 Any gathering of players is considered a practice, unless in the following circumstances:

5.5.1 The gathering is for fundraising purposes and no team specific football or practice related activities are performed.

5.5.2 The gathering is for social purposes and no team specific football or practice related activities are performed.

5.6 All Players must have a total of 30 hours of practices prior to participating in a league game. These practices will consist of 20 non-contact hours and 10 hours contact practices (non-contact does not mean no-gear) at the least.

5.7 Organizations will be allowed to organize a 1 ½ hour scrimmage per week in addition to practice time limitations to increase learning opportunities for less developed players. Scrimmages must:

5.7.1 Be organized as a simulated game with all NFHS and HIFA rules applying.

5.7.2 Be solely focused on less developed players.

## **SECTION 6**

### **GAME POLICIES**

6.1 The Game Commissioners will be the authority on all issues not directly related to the play on the field. Game Commissioners will have ejection authority for all spectators not complying with HIFA policies.

6.2 The assigned Official(s) will be the authority on all game related issues. Officials will have ejection authority for coaches and players not complying with the HIFA policies or NFHS rules.

6.3 All players MUST play in every game unless there is a medical or disciplinary reason for not competing.

6.4 MPR (Mandatory Play Rule) All players MUST play a minimum of ten (10) plays per game, (five per half), unless there is a disciplinary reason, injury or an “at risk” situation. Any roster player not playing must be listed as such on the official score sheet.

6.4.1 Each team will be responsible for their own MPR's.

6.4.2 MPR's are to be turned in to HIFA at the monthly meeting.

6.4.3 Any conflict on the MPR's are to be brought to HIFA's attention at the end of the game.

6.4.4 MPR's with conflict are to be turned in to HIFA within 3 days of game date.

6.5 Coaches MUST notify the Game Commissioner of any players not competing in a game and why that player is not playing via a roster exchange, prior to start of the game.

6.6 Any player not participating will remove his/her shoulder pads at a minimum prior to the start of the game.

6.7 All games MUST be officiated by no less than four (4) Officials. In the event Officials fail to appear by the designated game start time, the two Head Coaches may agree to use substitute officials or can opt for cancellation of the game. If both teams elect to play the game with substitute officials, no protest will be allowed based on quality of officials. NO GAME MAY BE ALLOWED TO START WITHOUT SOME KIND OF OFFICIATING! If any game is canceled due to the lack of officials, every attempt will be made to replay that game at a later time.

6.8 Organizations that forfeit games with less than 48 hours' notice will incur the cost of the opposing teams Officials fees. Officials' fees will be credited to each team due to forfeit of games with more than 48 hours' notice.

6.9 The host team will be responsible to have the field "ready for play" by game time. Cones or other markers will be placed on the goal lines, the end lines, and pads on goal posts. Lines will be marked by paint or chalk. The width of the field shall be 160 feet, the length of the field shall be 360 feet (120 yards).

6.10 The team area is located between the 20-yard markers. Only players, coaches, officials, MPR (no more than 3), down marker holder and water carriers are allowed inside the field area. Coaches and team members are required to stay within this area. A team will get 2 warnings, then a 5 yard penalty will be assessed.

6.11 Spectator area is to be roped/marked off. The spectator area is designated as five yards from the sideline. Spectators are not allowed in the team area.

6.12 Coaches, fans and spectators must stay within the designated areas during games and are not allowed to enter the playing field, except to treat an injury if requested by a HIFA official.

6.13 The following table is a summary of rules/responsibilities for personnel involved in game day activities:

HOME LEAGUE	<ul style="list-style-type: none"><li>• Ensure a chain crew is provided for each game to work with officials during the game</li><li>• Ensure the playing field is properly marked and safe from hazards</li><li>• Ensure there are adequate restroom facilities</li><li>• A first aid kit is available</li><li>• The home league representative must communicate any change in the scheduled game location to the head official as soon as possible. The HIFA President must approve changes</li></ul>
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COACHES OR LEAGUE REPRESENTATIVE	<ul style="list-style-type: none"> <li>Teams should arrive at the game field at least 45 minutes prior to the scheduled game start time to have enough time to check in with the game commissioner.</li> <li>Head coaches must notify the game commissioner upon their arrival at site.</li> <li>Ensure all players are properly equipped</li> <li>Ensure HIFA issued photo ID's are available</li> <li>Ensure all players listed on the team roster not participating in the game for any reason is reported to the game commissioner and opposing head coach. The coach will ensure the player removes his/her shoulder pads prior to the game starting.</li> <li>At the completion of the game, both head coaches will review the official score sheet and sign it to make the game official. Any discrepancies or protests must be reported on the official score sheet.</li> <li>All teams must email <a href="mailto:scoresHIFA@gmail.com">scoresHIFA@gmail.com</a> with the scores of the games no later than 10:00 pm Sunday night.</li> </ul>
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6.14 Parents of players who are deemed to be “at risk” MUST be made aware of the situation regarding their child as soon as it is decided by that teams coaching staff that the player is “at risk” – NOT ON GAMEDAY!

6.15 Games will consist of:

6.15.1 two (2) 25-minute halves, running time, for flag divisions.

6.15.2 four (4) 10-minute quarters regulation time for tackle divisions.

6.16 The offensive team reserves the right to use own ball.

6.16.1 Ball sizes are as follows:

FLAG	Freshmen	Pee Wee
	Sophomore	Junior
TACKLE	Junior	Junior
	Senior	Youth

6.17 Footwear will conform to High School Federation specifications and guidelines.

**NO METAL CLEATS ALLOWED!**

## **SECTION 7**

### **FLAG FOOTBALL**

7.1 Detailed information can be found in the FLAG RULES & INFO Handbook.

7.2 Mouthpieces for FLAG are OPTIONAL.

7.2.1 Soft Helmets are MANDATORY starting the Fall season 2018.

7.3 Rubber cleated shoes will be allowed. Open toe, open heel or hard soled shoes will not be allowed.  
NO METAL CLEATS!

7.4 Jersey (Organization assigned for games) Numbers shall be 1-99 inclusive. Numbers such as "O" and "00" are considered illegal and shall not be worn.

7.5 Offensive teams are required to declare their intention to either run a play or punt/kick the ball on 4th down to the Head Official. The Head Official will ensure the opposing team is notified of the offensive team's intention.

7.6 The following rules will be applied during extra point attempts and punts:

7.6.1 Defenses are not allowed to rush the opposing team or have player movement during punts or extra point attempts until the ball is away.

7.6.2 The punter will not be allowed to move outside the tackles of the offensive line until the ball is away.

7.6.3 The official will use his discretion to ensure the kicking team gets the ball away in a timely fashion. Using unnecessary time to punt/kick the ball is not allowed.

7.7 Extra points may be either ran or passed for an award of points.

Run into end zone = 1 point

Pass into end zone = 2 points

## SECTION 8

### TACKLE

8.1 HIFA follows NFHS rules for tackle football. We go to great lengths to ensure as much about the policies and rules but will not cover every situation or circumstance surrounding the game of football. Always refer to the NFHS rule book if in doubt.

8.2 The players in all divisions, beginning with physical contact in practice sessions, shall wear the following equipment.

8.2.1 Helmet: only helmets bearing the NOCSAE seal of certification may be worn. HIFA suggests you use the helmet assigned to you. In the event you use your own it must be NOCSAE approved. No stickers may be placed on the helmets.

8.2.2 Shoulder Pads covered with a jersey

8.2.3 Pant: one piece or shell

8.2.4 Hip Pads

8.2.5 Thigh Guards

8.2.6 Knee Pads

8.2.7 Tail Pad

8.2.8 Jersey (Organization assigned for games) Numbers shall be 1-99 inclusive. Numbers such as "O" and "00" are considered illegal and shall not be worn.

8.2.9 Mouthpieces for TACKLE are MANDATORY! Mouthpieces are not to have any designs

8.2.10 Shoes: In all divisions, Rubber cleated shoes will be allowed. Open toe, open heel or hard soled shoes will not be allowed. NO METAL CLEATS!

8.2.11 Eye Glasses: when worn, shall be of athletically approved construction with non-shattering glass (safety glasses) or contact lenses. The glasses should be secured with a band to the players head

8.2.12 Any other equipment worn by players must be approved by HIFA



- 8.3 Extra points may be either kicked (when at least 1 goal post is present), ran or passed for an award of points. A successful kicked conversion attempt is worth two (2) points while a run/ pass conversion is worth one (1) point.
- 8.4 All game fields must be regulation size with clearly marked boundaries.
- 8.5 If only one (1) goal post is present, teams may move to it for kicking.
- 8.6 The following Mercy Rule applies:
- 8.6.1 At any time if the winning team is leading by 35 or more points, the clock will not stop for incomplete passes, change of possession, out of bounds plays, or first downs.
- 8.6.2 The clock will stop for time-outs, any score, administration of penalties, and injuries.
- 8.6.3 Should the winning team's lead go below 35 points, revert back to regular clock rules.
- 8.6.4 The Mercy Rule will not be applied during HIFA playoff and championship games.
- 8.7 In the event of a Game Protest, the following procedure is hereby adopted:
- 8.7.1 The coach initiating the protest MUST notify his representative within 72 hours of the alleged infraction.
- 8.7.2 The Game Commissioner will be notified of the protest if initiated during the game.
- 8.7.3 The organizational representative will notify the HIFA President within twenty (24) hours and in writing within seventy-two (72) hours from the date of the protest.
- 8.7.4 A committee will convene consisting of the HIFA President and four (4) Organization Representatives chosen by the HIFA Vice President.
- 8.7.5 The facts surrounding the protest will be investigated and before the next HIFA scheduled games take place, a decision and ruling will be handed down.
- 8.7.6 If the protest is found to be valid, all efforts will be made to ensure any action stemming from a protest is taken prior to the next game played.
- 8.8 POST SEASON TIES
- 8.8.1 If a game is tied at the end of regulation play, there will be overtime. Each team will get four (4) downs from the opposing team's 10-yard line. This will continue until there is a winner.

Note: If the decision of the committee is to replay the game, the game will be played at a site with officials. Any team choosing not to participate in the game will automatically hold up or disregard the protest, however applicable.

## **SECTION 9**

### **CONDUCT POLICIES**

9.1 Each coach must ensure their conduct meets the following general guidelines:

- 9.1.1 Coaches will always be fair, firm and consistent.
- 9.1.2 Coaches will promote a positive attitude and lead by example.
- 9.1.3 Coaches will follow the rules of the sport, HIFA rules and teach the basic fundamentals of football at a level and a pace that incurs the best possible environment for learning.
- 9.1.4 Coaches will not argue with parents or officials, and will always demonstrate good sportsmanship.
- 9.1.5 Coaches will not use profanity at any time.
- 9.1.6 Coaches will listen to their player's concerns and try to help them any way they can.
- 9.1.7 Coaches will do the best they can to ensure each athlete is both physically and mentally ready for whatever task is asked of them.
- 9.1.8 Coaches will strictly adhere to the policies and procedures of the HIFA, and set a proper example with their actions for everyone to follow.
- 9.1.9 Coaches will stress teamwork and respect for each and every athlete.
- 9.1.10 Coaches will not allow anyone who has not filed a HCJDC's criminal history record form with their Organization to come within 10 (ten) feet of any minor.
- 9.1.11 Coaches will allow each athlete the opportunity to compete and excel.
- 9.1.12 Coaches will use their best judgment when using social media such as Facebook, Twitter, or email and refrain from anything that violates any rules as noted above.

9.2 Any report of coaches failing to follow these guidelines or act in a manner conflicting with the positive philosophy of the HIFA may be suspended or expelled upon a review of the facts by the HIFA Board of Directors.

9.3 The following examples of play will be considered un-sportsman like conduct by the winning team when a point margin of 35 points or greater exists:

9.3.1 A known offensive starter on the winning team remains in their normal position or another skill position (skill positions are defined as any position with the ability to score points).

9.3.2 A known defensive starter on the winning team remains in their normal position or another skill position that greatly impacts the losing team's ability to successfully accomplish an offensive play.

9.3.3 The winning team attempts to pass.

9.3.4 The winning team attempts any type of deception or trick play (i.e. reverse, flee flicker, double pass, fake punt, onside kick-off, etc.)

9.4 The HIFA strongly recommends the following actions be taken by teams winning by a point margin of 35 points or greater to ensure fair play:

9.4.1 Do not return punts.

9.4.2 Down kick offs.

9.4.3 Cease defensive blitzing calls.

9.4.4 Cease spread or stretch plays (subjective to losing teams compliance with playing a standard defense – NOT 11 players in the box).

9.5 Coach or player ejections are at the sole discretion of the Game Officials. Coaches or players are required to "undress", remove their pads and move to the Spectator section. Spectator ejections are at the sole discretion of the Game Commissioner with input from Game Officials as required. If ejected, any spectator will need to leave the park within 5 minutes of being ejected and will be automatically suspended for the next game.

9.6 An investigation of all coach ejections will be performed by a committee as per HIFA Rule. Any ejection found to be the fault of the coach will automatically result in a 1 game suspension. To be reinstated, the offending coach will be required to submit in writing a request to be reinstated to the HIFA VP in charge of the investigation.

9.7 Any coach that is suspended by the HIFA will not be allowed to be present at the game field on a game day during their suspension.

9.8 If a coach is ejected from two (2) games during a season, that individual will be suspended from the league for the remainder of the season and their organization will incur a \$250.00 fine. Reinstatement requests to the league will also be required in writing to the HIFA VP in charge of the investigation.

9.9 Any acts of violence against an official will result in that organization related to the offending party losing all home games immediately, as well as facing additional league imposed penalties/sanctions.

9.10 All league coaches, officers and representatives are prohibited from addressing officials outside the field of play at any time. Any report of misconduct of this nature will result in an automatic 1 game suspension for the coach, officer or representative if allegations are found to be true.

9.11 Violent conduct towards a player (i.e. pulling on the facemask or handling player in an overaggressive fashion) is strictly prohibited by the HIFA. Verbal abuse towards a player is strictly prohibited by the HIFA.

9.12 Scouting of opposing team PRACTICES is strictly prohibited by the HIFA.

9.13 The use of alcohol, illegal drugs or tobacco products during practice or games is strictly prohibited by the HIFA.

9.14 All coaches and officials will make every attempt to form a positive relationship and provide a proper example to the players and parents of the HIFA regarding conduct before, during and after any game.

9.15 Each League Officer and Representative must ensure their conduct meets the following general guidelines:

9.15.1 Will always be fair, firm and consistent.

9.15.2 Will promote a positive attitude and set a proper example with their actions for everyone to follow.

9.15.3 Will always follow the rules of the sport.

9.15.4 Will not argue with parents or officials, and will always demonstrate good sportsmanship.

9.15.5 Will strictly adhere to the policies and procedures of the HIFA and their organization.

9.15.6 Will not allow anyone who has not filed a WSP background investigation form with their Organization to come within 10 (ten) feet of any minor.

9.16 Any report of League Officers and Representatives failing to follow these guidelines or act in a manner conflicting with the positive philosophy of the HIFA may be suspended or expelled upon a review of the facts by the HIFA Board of Directors.