

# **HIFA Handbook Changes 2019**

## **SECTION 4**

### **DIVISION, AGE AND WEIGHT STRUCTURE**

4.3.1 Participant can be 13 and attending High School, but cannot be on the High School JV or Varsity Football team and play for HIFA (meeting weight restrictions).

4.3.2 Participants that wish to play up in the next weight or age division must get signed the Play-Up-Liability-Form HIFA.pdf before being allowed to practice. Requests and any approval granted are for one playing season only. NO AGE OR WEIGHT WAIVERS SHALL BE ALLOWED DOWNWARD.

## **SECTION 5**

### **PRACTICE POLICIES**

5.2 Divisions may conduct non-contact, non-mandatory conditioning **3 weeks** prior to the first practice, however this will not be considered as hours for official practice.

## **SECTION 6**

### **GAME POLICIES**

6.16.1 Ball sizes are as follows: **WILSON brand only.**

## **SECTION 8**

### **TACKLE**

8.3.1 If no goal post is present, a successful pass conversion is worth two (2) points while a run conversion is worth one (1) point.