

TRACTION FALL FLAG FOOTBALL LEAGUE

Official League Rules

The **Traction Flag Football League** is a **6-on-6, non-contact youth flag football league** designed to provide players with a safe, competitive, and positive experience.

TEAM ROSTERS

- A team must have at least **4 players** to play an official game.
- Players may only compete for the team on which they are officially registered.
- Using an unregistered or fill-in player results in a **forfeit**.
- During the playoffs, using an ineligible player results in **immediate disqualification from postseason play**.

PLAYER EQUIPMENT & UNIFORM REQUIREMENTS

Required

- Official Traction Flag Football League jersey
- Official league flags
- Protective mouthpiece
- Approved shorts
- Tennis shoes or molded cleats. **Metal spikes are NOT allowed.**

Mouthpieces

Every player must wear a protective mouthpiece during **all games and practices**.

No mouthpiece = No participation.

Shorts & Flags

- Flags must be a **different color than the player's shorts**.
- Shorts must be a **solid color**.
- Shorts cannot have **pockets or stripes** that interfere with flag pulling.

Players who do not meet the league's uniform and safety requirements will **not be permitted to participate until the issue is corrected**.

GAME FORMAT

- **6 vs. 6** flag football.
- A coin toss at midfield determines **first possession and direction**.
- The ball may be snapped **between the center's legs or from the side**. The ball must be snapped **from the ground**.
- The offense begins possession at its **own 5-yard line**.
- The offense receives **3 downs to cross midfield** and earn a first down.

Fourth Down Options

If a team does not earn a first down after three downs before crossing midfield, it may:

1. **Punt** — possession changes and the opponent begins at its own 5-yard line.
2. **Go for it** — if the offense fails to earn the first down, the opponent takes possession where the fourth-down play ends.
3. Once the offense crosses midfield, it receives **3 downs to score**. Once across midfield, the team cannot go for it on 4th down. Failure to score in 3 downs will result in a change of possession and the ball will go back to the opponent's own 5-yard line unless the drive ends on an interception in which the ball will be placed where the play ends.

Change of Possession

- Interceptions may be returned.
- Interceptions on extra-point attempts **cannot be returned for points**.
- Teams switch field directions after halftime.
- The team that did not receive the opening possession receives the ball to begin the second half.

COACHES ON THE FIELD

K, 1st/2nd & 3rd/4th Grade Divisions

- **One coach per team** may be on the field. **Kindergarten** is allowed an offensive coach in addition to the coach QB.

5th/6th Division

- All coaches must remain on the **sideline**.

GAME CLOCK

Games consist of **four 10-minute running-clock quarters** for a total of 40 minutes.

- **1-minute break** between quarters
- **5-minute halftime**
- Each team receives **2 timeouts per half**
- Unused first-half timeouts **do not carry over**
- Offenses have **30 seconds to snap the football**
- Teams may receive one warning before a delay-of-game penalty is enforced.

Final Two Minutes

Only when the score is within **8 points** during the final two minutes of the fourth quarter, the clock stops for:

- Incomplete passes
- Ball carrier going out of bounds
- Untimed PAT play (clock will not start until the first snap of next possession)
- Change of possession
- Penalties unless declined
- A first down does **not** stop the clock

SCORING

Touchdown: 6 points

1-Point Conversion: From the 5-yard line — **PASS ONLY**

2-Point Conversion: From the 10-yard line — **RUN OR PASS**

FORMATION RULES

- **Minimum:** 3 players on the line of scrimmage (center + 2 WRs) at the time of the snap.
- Only **one player** may be in motion at a time. A player can be in motion at the time of the snap, but 3 players must still be on the LOS when the ball is snapped.
- Offensive players must line up **3 yards from the center and 1 yard apart from each other** before the snap.

PASSING RULES

- The quarterback has **7 seconds** to release the football. Whoever receives the snap is deemed the QB.
- Failure to release the ball within 7 seconds results in a **dead ball and loss of down**.
- Once the ball is handed off, lateraled, or pitched, the 7-second pass clock no longer applies.
- If the QB hands the ball off or laterals to a player behind the LOS, that player can still pass the ball. He is also allowed to rush with the ball if he decides to do so.

PASS-ONLY ZONES

Pass-only zones are located:

- **5 yards before each side of midfield 1st down line**
- **5 yards before each goal line**

When the offense is attempting to gain a first down or touchdown from inside these zones, the ball must be advanced with a **legal forward pass that crosses the line of scrimmage in the air**. No rushing attempts are allowed.

Shovel passes, screens, or underhand tosses that do not cross the line of scrimmage in the air **do not satisfy the pass-only requirement**.

Once a team enters the pass-only zone, they are in it until a 1st down is made, a TD is scored, or a change of possession. An offensive penalty or flag pull that pushes you outside the pass-only zone does not change the ruling.

RECEIVING

- **All players are eligible receivers.**
- The quarterback becomes an eligible receiver after handing off, lateraling, or pitching the football.
- A receiver needs **one foot inbounds and possession of the ball** to complete a catch.
- That foot must touch inbounds before another part of the player's body touches out of bounds.

OFFENSIVE RUSHING

- The quarterback **cannot run the football** but is allowed to scramble.
- Hand-offs, backwards laterals, and pitches are permitted.
- **Center sneaks are not allowed.**

- A player receiving a handoff, lateral, or pitch may still throw the ball from behind the line of scrimmage, or run with it.
- Inside a pass-only zone, a player receiving a handoff, lateral, or pitch must still complete a legal forward pass across the line of scrimmage.
- Once a handoff, lateral, or pitch occurs, **all defenders are eligible to cross the LOS.**
- Spinning and jumping are allowed.
- **Diving is NOT allowed** and will result in a 5-yard penalty from the spot of the dive.

Ball carriers must make a reasonable effort to avoid contact with defenders. Initiating or running through a defender may result in a charging or unsportsmanlike-conduct penalty.

WHEN THE PLAY IS DEAD

The play ends when:

- The ball carrier's flag is pulled.
- The ball carrier steps out of bounds.
- The ball carrier's knee touches the ground.
- A fumble touches the ground.
- Any non-QB and center exchange fumble, the play will be blown dead, and the ball will be spotted where the ball hits the ground.

Fumbled Snaps

A dropped center-to-quarterback exchange does **not automatically end the play.**

Only the quarterback may recover a fumbled snap. The referee will whistle the play dead if the quarterback is struggling to recover the ball as a defender approaches.

Inadvertent Flag Fall Off

If a player's flag falls off without being pulled by a defender, the play may continue until a defender is close enough to reasonably make a flag pull. The referee determines the spot based off judgement.

Flags must be properly positioned at the player's hips and cannot intentionally be moved toward the back to make them more difficult to pull.

RUSHING THE QUARTERBACK

- Any defender rushing the quarterback must begin at least **10 yards from the line of scrimmage**.
- The referee will mark the 10-yard rush line before the snap with a beanbag.
- Any number of defenders are allowed to rush if they start behind the rush line.
- Defenders who do not begin from behind the rush line **cannot cross the line of scrimmage** until the quarterback releases the football through a pass, handoff, lateral, or pitch.
- Once the ball leaves the quarterback's hands, any defender can cross the LOS.
- If a defender leaves the 10-yard rush line early, but does not cross the LOS, there is no penalty. Additionally, if the player leaves early, they **are** allowed to retreat back to the rush line and proceed to rush.

Defensive Penalties
Offsides 5 yards — Repeat down
Defensive Pass Interference 5 yards — Repeat down
Illegal Contact 5 yards — Repeat down
Illegal Flag Pull Pulling a receiver's flag before they possess the ball 5 yards — Repeat down
Illegal Rush Leaving early from the 10-yard rush line 5 yards — Repeat down
Unsportsmanlike Conduct 10 yards from the spot of the foul + automatic first down and possible ejection.

OFFENSIVE PENALTIES

Illegal Motion / False Start

5 yards — Repeat down

Illegal Forward Pass

5 yards + Loss of down

Offensive Pass Interference / Illegal Pick

5 yards + Loss of down

Flag Guarding

5 yards from the spot + Loss of down

Blocking / Shielding

5 yards from the spot + Loss of down

Charging / Initiating Contact

5 yards from the spot + Loss of down

Delay of Game

5 yards — Repeat down

Two consecutive delay-of-game penalties result in an additional **5 yards and loss of down.**

7-Second Pass Clock Violation

Loss of down, no yardage penalty

Unsportsmanlike Conduct

10 yards from the line of scrimmage + Loss of down + Possible ejection

LEAGUE STANDINGS & PLAYOFF SEEDING

Standings and playoff seeds are determined in the following order:

1. **Winning Percentage**
2. **Head-to-Head Result (if three or more teams have the same exact record this does not apply & move to #3)**
3. **Average Points Allowed Per Game**

OVERTIME (Playoffs Only)

There is **no overtime during regular-season games**. Games ending in a tie remain a tie.

Playoff Overtime

First Overtime

- Coin toss determines first possession.
- Both teams attack the same end zone.
- Each offense receives **3 downs from the opponent's 10-yard line**.
- After a touchdown, the team may attempt a **1-point or 2-point conversion**.
- If the first team fails to score and the second team scores, the game immediately ends.

If the game remains tied:

Second Overtime

- The order of possession is switched. Team who played offense first, will play defense first in the 2nd OT period.
- The process is repeated, but teams **must** attempt a 2-point conversion (run or pass)

Additional Overtimes (if necessary)

- Teams will receive one extra point attempt from the 5-yard line (pass only).

This will repeat until one team converts and the other fails.