

AFL ~ Armchair Football League

Introduction

Welcome to the Armchair Football League, where the virtual gridiron comes alive with the echoes of strategic brilliance. In this dynamic realm, armchair aficionados become puppet masters, pulling the strings of their fantasy dynasties. As the seasons unfold, remember: here, the magic isn't just in the draft picks; it's in the subtle dance of active management that turns armchairs into thrones. So, fasten your seatbelt and get ready to navigate the twists and turns of the fantasy landscape. In the Armchair Football League, being the architect of your destiny is not just a choice; it's the key to unlocking a dynasty of your own making.

As the digital clock starts ticking, remember that the Armchair Football League isn't just a seasonal affair—it's a year-long commitment, a journey that demands your unwavering presence in the world of fantasy. In our league, participation is not optional; it's the cornerstone of your dynasty's foundation. From the thrilling highs of the draft room to the strategic lows of injury reports, your journey unfolds week by week, each decision a brushstroke on the canvas of your fantasy saga.

This isn't a league for the faint-hearted; it's a crucible where commitment and active involvement forge champions. So, ready your playbook, stay alert to waivers, and let the thrill of managing your dynasty pulse through the entire season. In the Armchair Football League, the story of triumph is written by those who embrace the challenge and engage in the ebb and flow of the fantasy football tapestry. Welcome to a year-long odyssey where participation isn't just encouraged—it's the heartbeat of your dynasty's epic tale!

This league is meant for those who are going to actively participate, stay informed, and most importantly have fun! Please don't hesitate to withdraw if you feel you can not meet these obligations.

GENERAL LEAGUE SETUP

Total Number of Divisions:	1
Number of Franchises:	12
Number of Active Roster Spots:	25
Number of Injured Reserve Spots:	4
Head-To-Head Matchups:	Yes + extra game against league median
Each Player can be on:	1 roster per League

STANDINGS SETUP

Standings Sort Criteria #1:	Overall Winning Percentage
Standings Sort Criteria #2:	Total Points Scored

STARTING LINEUP SETUP

Total Starters:	10
Number of Starting QBs:	1-2
Number of Starting RBs:	2-5
Number of Starting WRs:	3-6
Number of Starting TEs:	1-4
Lineup Submission Deadline:	Players Are Locked At Kickoff Of Their Game
Are Partial Lineups Allowed?	NO

ADDITIONAL LEAGUE RULES SETUP

AFL ~ DYNASTY LEAGUE

League Rules / Bylaws

Entry:

Annual League Dues are \$20. All league fees are handled by the Commissioner (Tyson). The first payment will be for two years (\$40) up front. Every year after the fees will be due before the Rookie Draft. The active rosters consist of 25 total players. There will also be an additional 4 IR spots which shall not be used in the offseason and an additional 4 taxi squad spots.

Total for the First year Deposit: \$40.

Each year after: \$20.

Dynasty Pot Bonus **

Yearly fee of \$10: for the Dynasty Pot until it's won.

The main difference of this league will be that the first repeat champion will win the Dynasty pot.

They've now built a "Dynasty"

The Dynasty Pot fee will be paid with that season's pot.

12 owners x \$10 a piece = \$120 x per year = Dynasty Pot

As of the 2025 Season: Dynasty Pot Total - \$240

****Updated 1/25 - See Revision Note Below**

Startup Draft:

As soon as every owner has paid the league fee, the Startup Draft order will be randomized and published on the Sleeper site. The Draft date will be determined after every owner has paid their league fee. It will be a 29-round snake-draft, 12 hours per pick. Trades are allowed. We will auto pause from 12 am (EST) to 11 am(EST).

3rd round reversal will be in effect

4 players will need to be either moved to the taxi squad or dropped a week before the 1st NFL game as the roster limit will drop to the standard in-season 25 man limit.

Starting Lineups:

1 QB, 2 RB, 3 WR, 1 TE, 2 FLEX (RB/WR/TE), 1 SUPERFLEX (RB/WR/TE/QB)

Dynasty Keeper Rules:

Keepers: All players drafted from the original draft will be kept from one season to the next until they are dropped, retire, or are traded. The only way to change a roster is through trades and rookie drafts.

Taxi Squad:

Stashing players can be necessary for your success. It's a great way to be successful as you find long-term assets that might break out down the road. Players remain on your taxi squad until you call them up to your main active roster. They are designed as a player stash for fantasy owners. You may only add rookies to your taxi squad.

If you take a player off your taxi squad and take up a roster spot, they are not allowed to go back to the taxi squad. A taxi squad is not the same as your bench. A taxi squad player is part of your team but not eligible to play unless added to your official active roster. They may remain on your taxi squad for up to 2 years, after which they must be dropped or brought up to your active roster.

Blind Bidding Waivers (FAAB):

From after the Rookie draft until the end of the Dynasty season, there will be daily blind bidding to pick up Free Agents. At the beginning of the regular NFL season Bidding will lock Sunday each week until Wednesday (03:00am EST). Bidding will resume its usual process every Wednesday at 03:00 am EST, and each day after until Sunday. Daily Blind bidding will last from the Rookie Draft until the end of the Dynasty Season. If two or more teams bid the same amount, the tiebreaker comes down to waiver wire priority, which acts as rolling waivers. The waiver priority starts based on the most recent draft order. So the team with the 1st overall pick would have the worst priority and the team that drafted last would have the best. After the Dynasty Championship, each team has \$100 FAAB money to spend during the offseason. Each team will have \$200 FAAB money after the Rookie Draft for the upcoming season. FAAB money can be traded.

Trades:

Trading players is allowed any time, however they will not be processed after kickoff each week until the players game has concluded. Trades are processed immediately upon acceptance of the trade by both owners, unless games have started for the week. All trades are final unless there is obvious collusion. If collusion is suspected, a league-wide vote will take place with majority rules. Players traded between two teams may not be traded back to the same team for any reason for a period of 3 weeks to avoid trades used to simply avoid bye weeks. The trade deadline is week 14. After the dynasty championship match has been played, trading will be opened back up. Trades will not be processed unless all owners involved in the transaction have paid league fees. Owners

shall use their best efforts to respond promptly (within 24 hours) to trade offers from other owners. Owners are encouraged to check for trade offers every time they log on to the site, and owners should immediately reject a trade they deem unacceptable. Rookie picks can only be traded if the fees for that respective season is paid in advance. Example, if the current season is 2022 and an owner would like to trade their 2024 pick, you must have the 2022 fees paid along with the 2023 & 2024 season's fees.

Once a trade has been proposed and accepted via the Sleeper site by both parties, it cannot be rescinded except for owner error. If a trade was offered or accepted in error, the owner making the error must notify the Commissioner(s) and the owner of the other team immediately (i.e. within 5 minutes of the trade's acceptance) to request that the trade be voided. Trades will only be revoked because of legitimate owner error that is reported in a timely manner; owners may not request that a trade be voided due to buyer's remorse, seller's remorse or failure to perform due diligence before proposing or accepting a trade. The Commissioner(s) reserves the right to allow a trade to stand if an owner's claim of error is not deemed to be credible.

Retired Players:

If a player retires, they no longer take up a roster spot of the owning team. However, should they un-retire and rejoin the NFL, they will return to the roster of the team they were on at the point of retirement. If the roster is full, the owner can either release the player immediately, or take a maximum of 7 days from the day of unretirement to free up a roster spot for the un-retired player, otherwise they will be returned to the pool of free agents. Each owner is responsible for keeping track of the retirement status of their players as well as the dates and deadlines explained above. The owner needs to inform the commissioner(s) that their player has un-retired and should be put back on his/her roster.

Scoring:

See Scoring Section on the Sleeper website. (PPR: 1.5/TE) (.40/Rushing 1st down)* (QB Completions .05 per)* (Return yards: .04 per)*

[*See Revision Notes at bottom](#)

Standings:

Each week two teams square off against one another in a head-to-head game as defined in the Fantasy Football Schedule. Ties count as ties.

Each week there will be an extra game against the league median. Teams that score higher than the league median earn a win, and the others get a loss.

Standings are determined by a team's W/L record overall.

Regular season:

The regular season takes place during weeks 1 to 14 of the NFL season.

Playoffs:

The top 6 teams will make the playoffs.

Week 15 - Round 1 of the playoffs in which there will be a Wildcard game between seeds #3 vs. #6 and #4 vs. #5.

Week 16 - Round 2 of the playoffs in which the #1 seed plays the winner of the #4 vs. #5 seed. The #2 seed will play the winner of the #3 vs. #6 seed game.

Week 17 - will be used for the Fantasy Bowl Championship Game when the 2 winning teams from round 2 will face off for 1st and 2nd place. 3rd place will be determined in a game between the losing teams of round 2.

Your finish in the playoffs will determine your draft order in the following rookie draft and in part your potential success or failure.

TIEBREAKERS

Tiebreakers for making playoffs (or determining between seeds) will be determined by

1. Head-to-Head Record
2. Most PF through week 14
3. Coin Flip

Consolation Bracket Playoffs:

The loser's bracket will also play a Losers Bowl during this same period and in the same fashion. The seeding will be the OPPOSITE of the winner's bracket seeding. The winner of the consolation bracket will receive an extra pick at the end of the 2nd round of the following rookie draft. (Pick 25. Round 2- Pick 13)

League Payout Structure as of the 2024 Season:

If you leave the league during a season, you will not get your money back.

12 owners x \$20 a piece - \$240 POT

League Champion = \$150

Second Place = \$60

Third Place = \$30

League End:

To keep the league fresh, and to keep from one team or a few teams from making it uncompetitive for others at the bottom; after a team wins their 2nd championship in a row, the league will then vote on whether or not to reform the league. 66% or 8/12 vote will pass.

Disbanding of League:

The league can be disbanded at any time by a 66% or 8 of 12 league vote. The league can also be disbanded by the commissioner, provided that commissioner must provide ample notice and allow other managers the opportunity to "step-in" and assume the commissioner role. In case the league disbands, fees and deposits will be returned to the managers that paid them.

Offseason and Preseason:

After the Dynasty League Playoffs, the offseason starts. Each team will have \$100 FAAB money. From then on Waivers run weekly, each Wednesday until the Rookie Draft. There is no Free Agency. Trades are allowed.

Preseason starts following the Rookie Draft. Waivers run each day. Each owner will have \$200 FAAB money for the upcoming season. During the offseason and preseason, the active roster limit will increase to 35 active roster spots. Teams must get their active roster down to the in-season limit of 25 by the last NFL preseason game. If a franchise is over this limit when the deadline passes and the commissioner(s) decreases the roster spots, players will be forcefully dropped to comply, in last-in-first-out order.

Rookie Draft:

Each offseason there will be a 4 round rookie draft which will start about 1 week after the official NFL Draft. Just NFL rookies can be chosen. This rookie draft will proceed in the defined order for all rounds just like the actual NFL draft. There is no snake-like order here. The order is as follows: Picks 1-6 are reverse order for teams that don't make the playoffs using the lowest Max Points For stat for the regular season. Lowest Max PF gets 1st overall pick. If you go to standings and hit view details, it will show you Max PF. Picks 7-12 are based on how the teams that made the playoffs actually finished. A 24-hour pick clock will be in use. Those who fail to pick for themselves during the allotted time during the draft will be auto-picked. Draft picks are tradeable. The commissioner(s) will keep track of draft pick trades that affect the rookie draft order.

Rule Change Proposals:

All owners are expected to contribute to the discussions and post on the message board any suggestions you may have. Proposals will be voted on and will require a 75% approval of the league (minimum 9 owners) voting "for" the change for any rule to take effect or be modified. All rules that would affect the competitive balance of the league that get voted in, will be put into effect over a two-year period to allow owners to adjust their rosters accordingly to any changes in rules.

Calendar:

Deadline to pay \$20 season fee- Before the Rookie Draft

Preseason

Rookie Draft through Last Preseason Game - [Daily Waivers, Trades (35-man roster)]

Must finalize taxi squad before last preseason game

Football Season

Last Preseason Game – Trade Deadline [Daily Waivers, Trades (25-man roster)]

Trade Deadline – Fantasy League Final [Daily Waivers, no Trades (25-man roster)]

Offseason

Fantasy League Final – Rookie Draft [Weekly Waivers, Trades (35-man roster)]

Orphan Teams

An owner may retire from the league in good standing. Retirement must be announced before the conclusion of the Superbowl of the NFL season to retire in good standing. Upon announcement of an owner's retirement, a replacement owner will be sought and they will be responsible for the upcoming season's league fee if it has not already been paid by the retiring owner. Once an owner announces their retirement, they may not make any trades for the remainder of the season, whether for players or draft picks. A retirement announcement is irrevocable, but an owner who retires in good standing may be considered for reinstatement to the league after an absence of at least one full season. An owner will be entitled to a refund for half the future league fee(s) if they retire in good standing and have not traded any of those year(s) picks. Those fees will go to cover the first year fee of the team's new owner. Any deficit will be covered by that year's pot.

Aside from retirement, orphan teams can be created through the following circumstances:

Quitting owner: If an owner publicly declares they are quitting the league on the Sleeper site or chat, the team is immediately classified as an orphan team and the Commissioner(s) will assume control of the team until a replacement owner is found. Public, written "I quit" declarations are permanent and irrevocable; quitting owners are permanently barred from seeking reinstatement to the league.

Abandoning owner: A team is considered abandoned if they don't follow the active rules set below

- Removal of an owner for cheating or anti-competitive conduct

- Removal of an owner or multiple owners for collusion between teams
- Removal of an owner or owners for offering and/or accepting bribes (i.e. real-life money or any other real-life consideration) as an incentive to complete league trades, league transactions or influence league activity of any kind.
- Removal of an owner for repeated failure to return league messages and trade offers in a timely manner. (1-2 Days... This is meant for ACTIVE OWNERS)
- Removal of an owner for conduct or transactions detrimental to the league.
- Removal of an owner for failing to maintain a minimum roster of players.
- Removal of an owner for repeated failure to adhere to league rules or abide by Commissioner(s) rulings.
- Removal of an owner for repeated failure to communicate with owners, Commissioner(s) in a mature or respectful manner.
- Removal of an owner for failure to pay league fees by the annual deadline.

If a team is orphaned during the season, the Commissioner(s) will set that team's roster for the remainder of that season or appoint another Owner to set the orphan team's roster for the remainder of the season, until a new owner is found. The owner may only receive a refund if they leave in the off-season. No refunds will be given to those removed from the league. If an owner is not found, the preference is to have another owner that meets the following criteria set the lineup.

1. Not be scheduled to play that orphan team during the rest of the season. In the event the Commissioner(s) or other Owner's team does play the orphan team during the season, another Owner shall set the orphan team's lineup for that game.

Payouts won by a team orphaned during a regular season will be put into the following year's pool to be distributed as extra prize winnings.

Owner Responsibilities

Preparation is the key to short-term survival and long-term success in a dynasty league. Owners are expected to be prepared for the rookie draft and to monitor NFL activities. Participation is the lifeblood of this league, even more than rivalries, free agents, statistics or drafts. Maintaining a sense of community and respect among owners is vital to the AFL's long-term survival and owners' long-term enjoyment. In addition to the above, owners are also required to adhere to the following responsibilities on behalf of their teams. An owner who fails to adhere to one or more of these responsibilities will be subject to Commissioner(s) sanctions:

- Owners are responsible for ensuring their team has current Owners which are responsible for knowing and following the rules and schedule listed in the Dynasty League rules.
- Owners are responsible for responding to emails or private messages from the Commissioner(s) or other owners in a timely manner.
- Owners are responsible for taking part in league votes and debates. Owners are responsible for regularly accessing the league's Sleeper site.
- Owners are responsible for responding to trade offers in a timely manner. Owners may not just ignore messages or trades. Owners just declining trades and refusing to respond to messages will result in their removal.
- Owners are responsible for participating in all required league functions and scheduled events, whether they occur in the regular season or offseason.
- Owners are responsible for submitting weekly lineups.
- Owners are responsible for notifying the Commissioner(s) if they will be away for an excessive period of time so arrangements can be made to set lineups and/or manage the team during that owner's absence.

Anti-Competitive Conduct

Tanking actions are strictly prohibited, and violations of these rules shall subject an owner or owners to Commissioner(s) sanctions, which may include immediate removal from the league.

- **Tanking:** Owners are expected to use their best efforts to set their best available lineup every week of competition, even if they are well out of playoff contention. However you are not forced to make trades for players or roster any player. Tanking is defined as failing to submit their best available starting lineup either intentionally or through indifference. It is understood that owners may play hunches on who to start and won't always start the player who scores the most points.
- However, an owner who knowingly benches star players or obvious starting players in favor of players who are marginal, clearly injured, benched, suspended or on their bye weeks shall be subject to Commissioner(s) sanctions for a first offense. A second offense shall result in that owner's immediate removal from the league.
- **Collusion:** Collusion is defined as two or more owners making arrangements and/or acting in concert to influence the results of league activities such as game outcomes, draft standing or player availability. Any unsportsmanlike conduct coordinated between two or more owners is considered to be collusion, as is teams trading to consolidate better players on one team and/or agreeing to share payouts. Owners engaging in collusion are subject to immediate removal from the league.
- **Dumping:** An owner who, without good reason, cuts players from their team who are obviously valuable is subject to Commissioner(s) sanctions. If an owner continues to dump players after sanctions are imposed, the owner shall be removed from the league. It is understood that teams can and will drop "borderline" players from their rosters, but dropping obvious fantasy starters or large amounts of average players in an attempt to increase draft position, make players available to others by way of collusion or sabotage the integrity of the league shall not be tolerated.
- **Indifference:** An owner who fails to submit a starting lineup or fails to replace inactive players who are injured, benched, suspended or on their bye week is subject to Commissioner(s) sanctions for a first offense. An owner who fails to set a starting lineup due to indifference twice in the same season is subject to removal from the league.
- An owner whose personal conduct is deemed by the Commissioner(s) to be consistently and flagrantly disrespectful to other owners or the league is subject to Commissioner(s) sanctions. Such conduct includes but is not limited to posting chat or comments containing serious threats of violence, offensive comments regarding race, ethnicity, religion or sexual orientation, or engaging in any kind of persistent harassment or bullying. In general, if an owner would get punched in the face by saying it to the guy sitting on the next bar stool, an owner should probably refrain from saying it here.

Commissioner's Sanctions

This league will feature 2 Commissioners as a way to balance the authority. All Commissioner decisions will be discussed between both Commissioners until a consensus is made. If both Commissioners are unable to come to an agreement, the matter will then be put to a majority vote amongst the league.

If at any time an owner violates league rules or engages in conduct judged by the Commissioner(s) as detrimental to the league in any way, the Commissioner(s) has both the authority and obligation to act to protect the league and to act in its best interests. The Commissioner(s) may impose sanctions against an owner or team found to have violated league rules or conducted themselves in a manner detrimental to the league. It is expected that the Commissioner(s) use of sanctions will be rare, appropriate to the offense, proportionate to its severity, and not undertaken lightly. Commissioner(s) sanctions include but are not limited to the following:

- Public warning
- Deductions from overall point totals

- Retroactive cancellation of trades, with the possibility of forfeits declared for any games affected by the canceled trade
- Suspension of blind bidding rights for a specified period
- Suspension of trading rights for a specified period
- Suspension or benching of players for a specified period
- Suspension of chat room privileges for a specified period
- Suspension of an owner or co-owners for a specified period, with their team forfeiting all games occurring during the suspension Forced waiving of players
- Loss of future draft picks
- Removal of an owner or co-owners from the league
- Any combination of the above sanctions deemed appropriate by the Commissioner(s).
- The Commissioner(s) may impose and enforce sanctions at any time, including retroactively, by the Commissioner(s). The Commissioner(s) may use an owner's past record in considering the length or severity of sanctions.

****Please Note****

Because of the inability to include all possible scenarios in these rules the commissioner(s) will assume the governing position for the league. If any issues or suggestions come up the commissioner(s) will determine the correct course of action, gain the approval of the majority of the league, and consequently enforce whatever action is necessary to maintain fair, fun, and honest play.

By paying the fee for the season, each owner accepts the league rules and bylaws.

Revision Notes:

1/25 - Updated Dynasty Pot from a 1 time only fee of \$10 to a yearly \$10 fee until a team wins for the 2nd time.

Minimum No of years - 2. Max No of years - 13.

Minimum total pot of \$240. Max total pot of \$1560.

9 Votes to approve-

1. Tyce14
2. buckslayer420
3. waboritas69
4. Volcanators
5. dumb1
6. DLSTRATTON
7. f1lthyc4sual
8. ndelekta1618
9. jayg66

4/26 - Voted on 3 scoring Tweaks:

Rushing 1st Downs - going from .25 bonus to .40

11 Votes to approve-

1. Tyce14
2. buckslayer420
3. waboritas69
4. Volcanators
5. dumb1
6. RedZoneWarlord
7. f1lthyc4sual
8. ndelekta1618
9. jayg66
10. Niners4thisGirl

11. JimmyJohns91

QB Completions - .05 per completion

10 Votes to approve-

1. Tyce14
2. buckslayer420
3. waboritas69
4. Volcanators
5. dumb1
6. RedZoneWarlord
7. f1lthyc4sual
8. ndelekta1618
9. jayg66
10. Niners4thisGirl

Return Yards both kick and punt - .04 per yard or 1pt per 25 yards

10 Votes to approve-

1. Tyce14
2. buckslayer420
3. waboritas69
4. dumb1
5. RedZoneWarlord
6. f1lthyc4sual
7. ndelekta1618
8. jayg66
9. Niners4thisGirl
10. JimmyJohns91