Fantasy Football League Rulebook

2023 Edition

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Basic League Information

The league comprises twelve (12) teams, each owned by a different league member. The league is to be hosted through the ESPN Fantasy Football platform.

Roster

Each team comprises fifteen (15) roster spots, nine (8) of which account for starting players and six (6) which account for bench players. Each team's roster must abide by the following positional rules below:

Roster		
Maximum Roster Size	15	
Total Starters	8	
Total on Bench	6	
Total on IR (if needed)	1	
Position	**Starters**	**Maximums**
Quarterback	1	4
Running Back	2	8
Wide Receiver	2	8
Tight End	1	3
Flex	1	N/A
Team Defense/Special Teams	1	3
Bench	6	N/A
Injured Reserve	1	1

Injured Reserve (IR):

- One (1) Injured Reserve (IR) spot will be available to each team. IR rules are set by ESPN, so the amount of IR spots may change due to special circumstances.
- ESPN's system determines who is eligible for IR.

Note: Players who are suspended from league play do not qualify as IR eligible.

Scoring

Please refer to scoring for all league matchups in the chart below:

Passing	
Passing Yards	0.04
TD Pass	4
Interceptions Thrown	-2
2pt Passing Conversion	2
Rushing	
Rushing Yards	0.1
TD Rush	6
2pt Rushing Conversion	2
Receiving	
Receiving Yards	0.1
Each Reception	0.5
TD Reception	6
2pt Receiving Conversion	2
Team Defense/Special Teams	
4th Down Stop	1
Kickoff Return TD	6
Punt Return TD	6
Interception Return TD	6
Fumble Return TD	6
Blocked Punt or FG Return for TD	8
Each Sack	1
Blocked Punt, PAT, or FG	4
Each Interception	2

Each Fumble Recovered	2
Each Safety	4
0 Points Allowed	10
1-6 Points Allowed	8
7-13 Points Allowed	6
14-17 Points Allowed	4
18-27 Points Allowed	0
28-34 Points Allowed	-4
35-45 Points Allowed	-6
46+ Points Allowed	-10
Miscellaneous	
Kickoff Return TD	6
Punt Return TD	6
Fumble Recovered for TD	8
Total Fumbles Lost	-2
Fumble Return TD	8

Divisions

There will be four (4) divisions of three (3) teams each. Divisions are as follows:

1. Person A, Person B, Person C
2. Person D, Person E, Person F
3. Person G, Person H, Person I
4. Person J, Person K, Person L

The Draft

Format

- The league draft is set up in lottery format in which the previous season's champion may choose any random event (that does not inherently give an advantage to any teams) to decide the draft order.
- The draft order must be finalized before the current year's NFL Draft takes place.
- The draft will be in the 'snake' draft format.
- The draft will consist of sixteen (14) rounds.
- The draft will be offline and take place on a date and time all league members agree to.
- There is not a "time limit" for picks. However, the league heavily discourages teams from taking a long time - over two (2) minutes - to pick a player.
- There will be positional roster limits while on auto-draft that mirror the ESPN roster limits in our league settings (click the "Roster" section to see the limits). The commissioner (and league members) will monitor this situation if someone is on auto-draft to make sure any position maximums are not exceeded.

Absence During Draft

- In the event a team owner does not make a pick (i.e. they randomly leave the draft), the team will receive the next best available player using a 3rd party's ranked 'Top 300' player sheet which best aligns with the The Fantasy Football League's scoring structure.
    - *Note: FantasyPros is a common and league-accepted choice in the past.*
- The same rule applies for a team owner who is not present for the draft or joins the draft late.
- If an owner is knowingly unable to attend the draft in advance, they may work with the commissioner to elect a representative to draft for them and/or provide an auto-draft strategy.
    - *Note: The commissioner has the right to reject the owner's request for a representative or auto-draft strategy if he feels the request is unmanageable.*

Regular Season Schedule

In order to sufficiently run the regular season schedule and playoff system tiebreakers, each team's schedule includes playing division opponents twice. However, since MoAr FoOOTbaLL iS MoAR FuN, you will now play every other team in the league once, except for one lucky non-division opponent, who you will play twice (due to a Week 18 added in 2021).

For example:

Week	Opponent
1 and 2	Div A (your division)
3, 4, and 5	Div B
6, 7, and 8	Div C
9, 10, and 11	Div D
12 and 13	Div A (your division)

14	Div B, C, or D

*Week 18 is reserved for the ‘ Pro Bowl’ in which each division submits their combined best lineup, with a minimum of two players from each team. The winning division team is rewarded payment to be split among the teams.

Playoffs

Playoffs commence during weeks fifteen (15) through seventeen (17) of the NFL regular season and are set up in a bracket that **does not** reseed.

The rounds of the playoffs are as follows:

Round of Playoffs	**Week of NFL Regular Season**
Divisional Round (1)	15
Semi Finals (2)	16
Championship (3)	17
Pooper Bowl (2 Weeks)	15-16

Seeding

Only six (6) of the twelve (12) teams in the league will make the playoffs. Seeding is based on the following factors:

Playoff Qualification Seeding	
Playoff Spots 1-4*	Winner of each division (overall record) **Tiebreaker:** 1. Divisional Record 2. Highest Total Points For
Playoff Spots 5-6**	Highest Total Points For (remaining teams) **Tiebreaker:** 1. Overall Record 2. Divisional Record
Pooper Qualification Seeding	
Pooper Spots 11-12***	Worst Overall Record (for non-playoff teams) **Tiebreaker:** 1. Total Points For (lowest PF are in

	pooper)

*Seeding for spots #1 through #4 in the playoffs, is determined by

1. Overall Record
2. Highest Total Points For.

**Seeding for spots #5 and #6 is determined by:

1. Highest Total Points For.
2. Overall Record

***Seeding for spots #11 and #12 is determined by:

1. Overall Record (where the better record becomes the #11 seed)
2. Highest Total Points For (where the higher Points For becomes the #11 seed)

Teams seeded at #1 and #2 will have a BYE for the first week of playoffs and the playoff bracket will not re-seed following playoff week matchups.

- **Any playoff and pooper game's tie-breaker will be determined by Best Record, then Total Points during the regular season.**

Waivers & Free Agency Acquisition Budget (FAAB)

- Starting in Week 1, teams will have a budget of $100 virtual dollars with which they can bid to make player acquisitions.
- All bids are processed after the league's specified waiver period. If a team would like to add a player, that team will secretly bid an amount they are willing to pay. On the waiver process day, the team with the highest bid will be awarded the player, and the bid will be subtracted from that team's budget.
- No roster or FAAB budget change will occur to teams who lost the player bid. Players who are not claimed during bid processing become free agents, following a 1 day waiver period.
- Since $0 is the minimum bid for a player claim, teams can participate in free agent auctions even if their FAAB budget has been spent.
- Suspicious free agency and waiver activity is subject to punishment.

Example Suspicious Activity: A team has claimed that "the ESPN waiver system is not working properly and has caused their team so much harm that the waiver activity should be reversed" (Source: DenardGate).

Pandemic/Special Rules

Pandemic Contingency Plan:

- If 8 or more weeks are played prior to a cancellation 1st place goes to the team with the best record. 2nd place goes to 2nd best record and same with 3rd. Tiebreaker is points for. One year of keeper eligibility is exercised like a normal season.
- If less than 8 weeks are played prior to a cancellation then the season is a scratch and money is returned. Keeper contracts reset to what they were prior to the affected season. All keepers do not lose a year of eligibility.
- If the season is postponed and/or weeks are skipped/shifted for any reason, the league will continue the season as normal. Please note emergency league votes may be needed for unprecedented situations (ie. a change to scheduling or playoff format may be needed in the case a season is paused for multiple weeks)
- In the event of any season cancellation or unplanned pause, rosters will lock immediately and trading will be paused. Both rosters and trading will resume as agreed by the league when ready.

In-Season Trading

All teams have the right to offer, accept, and decline a trade during the regular season and off-season up until the predetermined trade window or trade deadline closes.

The trade deadline is to be set on the Wednesday leading up to Week 11 every year.

- There is no limit on how many trades a team can make before the trade deadline.
- Once two parties are in agreement on a trade via the ESPN service, the trade will immediately be processed. Verbal agreements do not institute a final agreement - final trades will only be made once a trade is accepted via the ESPN service (*source: "Tony Pollard - the ultimate bargaining chip"*).
- If any number of owners believe that a trade was made in bad faith, involved deceitful tactics, or warranted collusion between two or more owners, an anonymous vote (poll) to veto can take place outside of the fantasy platform and overseen by the commissioner.
    - Owners can call a vote up to 48 hours after the trade has been made in ESPN.
    - Since the league comprises twelve (12) teams, six (6) of ten (10) impartial votes (majority) are needed to veto a trade. Any trade that does not receive six (6) veto votes will be upheld. If a trade is vetoed, the commissioner will reverse the trade and appropriate punishments will be passed out to the owner(s) involved.

Off-season Trading

- Roster's lock at the end of Week 18 of each season.
- Players on your roster once roster's lock will be the players you can trade during the off season.
- Offseason trading will be open once the draft order is set. The draft order must be set by the end of May by the reigning champion
    - Offseason trading will end one day before keepers are due

- Players who are free agents at any point during the offseason (ie. not on any locked rosters by end of year) are **not eligible** to be added or traded to any roster during the offseason.
- The rules for roster size do not apply during the offseason since you will still be submitting just two keepers before the draft.
    - *Example: Person A trades Person B two (2) players for two (2) picks. Person B does not need to drop anyone to make up for his overflowing roster size.*
- Once the trading period ends in early August, rosters will lock again.
- All roster updates and trades will be done through a shared Google Doc 'Trade Tracker' to provide traceable evidence of all transactions. The commissioner and league members will do their best job to provide updated rosters based on trade activity, which can be found in the same doc as the trade tracker.

Future Pick Trading

Teams may trade future draft picks for ONLY 1 year in advance.

- Example: For the 2021-2022 season, owners can only trade draft picks for the 2021 and 2022 draft.
- After the 2021 draft and during the 2021-2022 season, owners can only trade 2022 future picks.
    - On March 1st of each year, owners can start trading for the following year's picks
        - Example: 2021/2022 season ends. Come March 1st, 2022, you can trade for 2023 picks
- Remember: teams may trade future draft picks during the season.
    - *Example: Person A trades a 2022 pick to Person B for Tyler Boyd.*

Trading Keeper Slots

Owners can trade keeper slots for the upcoming season draft only. **Upcoming season keeper slots can be traded in-season (added 1/9/22).** There are no more than 24 total keeper slots (2 per team). *Additional rule information can be found in the Keeper Rules section.*

Keeper Rules

- Keepers are due to the commissioner 7 days before the draft date
- Players drafted within the first three (3) rounds are not eligible for keeping at the end of the year.
- A player can only be kept a maximum of 3 consecutive seasons (the player can be on your team for four (4) seasons total, as this includes the season in which the player was first drafted).
    - *Example: Person A drafts DK Metcalf in 2019. He can then keep DK in 2020, 2021, and 2022.*
- For each player drafted that is being kept, that team manager must give up a draft pick that is one (1) pick lower than where the player was initially drafted the year before.

    - *Example: In 2021, you keep a player drafted in the 6th round from 2020. You therefore lose your 5th round pick in 2021.*
    - ***Note:** you are allowed to keep a 4th round pick from a previous draft - it will just cost you a 3rd round pick in your current draft.*
- If you are to keep a player for more than one season, the player will continue to cost the same pick as they did in their first **kept** year.
    - *Example: It is 2021. A team has decided to keep Adam Thielen, a 7th round draft pick from 2019. Thielen was also a keeper in 2020. The team will continue to give up their 6th round draft pick for each consecutive season they decide to keep Adam Thielen on their team (until his keeper contract inevitably expires).*
- If you own two (2) picks in a round that you are going to keep a player, you may choose which pick is used for the keeper.
    - *Example: It is 2021 - Person A wants to keep Deshaun Watson, a 2020 8th round pick. Watson will therefore cost Person A a 7th round pick. However, Person A has two (2) seventh round pick slots because he made trades in the off season. Person A can pick which 7th round pick to use for Watson.*
- Similarly, if you do not own a pick in a round that you are going to keep a player, you must surrender the next best pick you own.
    - *Example: Person A wants to keep Deshaun Watson, a 2020 8th round pick. Watson will therefore cost Person A a 7th round pick. However, Person A does not have a 7th round pick because he made trades in the off-season. He will therefore need to use his 6th round pick for Watson (as long as he has a 6th round pick).*
- Any **undrafted** player will count as a team's 3rd to last draft pick (**Round 12**). If a team is to keep two (2) undrafted players, the team will give up their 3rd to last draft pick AND their next best pick (i.e. 12th round, then 11th round pick).
    - *Example: You wish to keep two free agents (who went undrafted) that you picked up during last season. Since both of them would result in losing your 12th pick (in a 14 round draft), you would lose your 12th pick and then your 11th pick.*
- The Andrew Luck Rule: If your keeper player is severely injured or retires between the time keepers are submitted and the draft, you can choose to release that keeper in exchange for the lost keeper's draft pick back.

Trading and Dropping Keepers

- If a keeper is **dropped** or **traded** during a season or in the offseason, that player's three (3) season keeper limit is to carry over to their new team (similar to a contract).
- The player's keeper eligibility does **not** reset by moving to a new team. Keeper eligibility only resets once a player's keeper contract expires, or the keeper returns to the draft pool.
    - *Example: Person A drafts Melvin Gordon in 2015 in the 6th round. He keeps Gordon in 2016 for a 5th round draft pick. He keeps Gordon again in 2017, but then decides to drop Gordon during the 2017 season. If a player picks Gordon up from Free Agency in 2017 and decides to keep him in 2018, this will be Gordon's last year of keeper eligibility, and he will still cost a 5th round pick.*

Trading Keepers Slots

Teams may trade keeper slots in order to obtain draft picks and/or players.

- If a team obtains more keeper slots than they have draft picks, they will have to give up keeper slots on the day of the draft.
    - *Plausible Example: In multiple trades, Person A trades eleven (11) picks for four (4) keeper slots. He now has six (6) keeper slots, but only five (5) picks. Person A would therefore need to give up one keeper slot on the day of the draft.*
- Players may trade keeper slots in future drafts (see "Future Pick Trading" section)
    - *Example: In the offseason before the 2021 draft, Person A trades a 2022 keeper slot to Person B for Stephon Diggs.*
- Players made trade keeper slots (keeper slots for the following year) during the season
    - *Example: During the 2021 season, Person A can trade a 2022 keeper slot to Person B for a player, 2022 draft picks, etc.*

Keeper Submission Deadlines

- All keepers must be submitted to the commissioner by the date specified by the commissioner.
    - If a team fails to submit their keepers by the deadline, all players on that team will be available in the draft.
- It is the commissioner's responsibility to remind all members/teams when keepers must be submitted with reasonable notice as well as keep track of the status of all keeper players.

Pooper Punishment

The loser of the Pooper Bowl must choose a punishment from the (insert list of punishments) that the created with the help of Satan himself. If the loser of the pooper bowl does not complete their punishment by the first game of the following season, they forfeit their 1st round draft pick (or best pick if they don't have one).

(**Note**: this list can be added to - there are talks of a "pooper committee" that may be introducing more changes or updates).

Payment

- It is mandatory that all participating teams pay a mandatory league fee of (insert fee) before the **first game** of each season.
- Assuming all members pay the fee, the fee totals will be paid out as follows:
  1st - Insert payout

  2nd - Insert payout

  3rd - Insert payout

  4th - Insert payout

  5th - Insert payout

  Week 18 ProBowl Winning Division - Insert payout

Mandatory payment will be paid through Venmo or Paypal (whichever the Commissioner specifies)

- **Failure of this payment on time will result in no winnings if your team places in a spot that would merit winnings, and a team is subject to a league ban if payment becomes a recurring issue.**

Punishment

The commissioner has the right to punish team owners for unruly and/or unjust behavior at any point in the season and offseason.

League Member Exit Policy

The following plan addresses the following circumstances which could lead to removal of a member from the league:

- A league member decides to leave the league on their own at any time.
- A league member has committed an act or series of acts beyond reasonable punishment.
- League member is significantly absent or non-communicative with the league, which could jeopardize stability of the current or upcoming season or overall league stability.

New League Member Process

Upon a league member exiting the league at any time, the following steps will be taken in exact order:

1. The Commissioner will notify all league members of the recent exit and freeze all of the **abandoned team's** operations, including incomplete in-season or offseason trades, trade offers, and waiver wire activity.
    a. In the case no new member is selected after the keeper deadline has passed, all players on abandoned team roster will be entered back into the draft pool
    b. In the case no new member is selected before the draft has started, the abandoned team will be on auto-draft and be given the next available player according to the Top 300 auto-draft ranking list used for that draft
    c. In the case no new member is selected during the fantasy football season, the abandoned team roster will be left alone as a "bot" and all trades and/or waiver wire activity will be canceled by the Commissioner.
2. All league members will be asked to submit new member candidates to the Commissioner ahead of the scheduled voting meeting.
3. The Commissioner will schedule a meeting to vote on new member candidates.
    a. This deadline date could be as early as 24 hours in the case a critical league event is approaching such as the keeper deadline, trade deadline, or the draft.

4. All league members and the Commissioner will have the right to interview new member candidates before the scheduled vote and the Commissioner will be responsible for communicating out the contact information of the candidates.
5. The league will vote on new member candidates during the scheduled meeting and will abide by the following agenda:
    a. Each member is allowed to debrief the other members on their opinions of each candidate.
    b. Each member is allowed to vote for only one candidate.
    c. If the majority of league owners - six (6) or more - are present for the live vote, the meeting will not end until a new member is selected.
    d. If the majority of owners are not present for the live vote, league members who cannot attend the vote must vote electronically by the end of the day.
    e. In the case voting results are tied for two or more candidates, a re-vote is to immediately take place, where the candidate receiving the least amount of votes is removed from the ballot.
    f. The Commissioner will document and report out the new member voting result.
6. The Commissioner will onboard the new league member with access to the rulebook, the ESPN league account, the communications group, and all other necessary league member material.
    a. The new league member is not required to pay the seasonal league fee if joining mid-season.

Signatures

*As a member of the (*Insert League Name*), I hereby agree to abide by all terms and conditions as stated in the rule book, and understand any violation of these terms and conditions may result in league punishment, suspension, relegation, or termination of my league membership.*

Member Signatures:

X _____

X _____

X _____

X _____

X _____

X _____

X _____

X _____

X _____

X _____

X _____

Commissioner Signature:

X _____