

McNasty Fantasy Football Constitution 2026

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Article I - League Officers

Your league officers are available if you have any questions or are in need of assistance. If your question pertains to a feature provided by our hosting provider, please utilize their support resources before contacting a league officer.

For league-specific issues, please contact the league commissioner first. If the league commissioner is unavailable, then wait for him to be available. If you cannot contact a commissioner, and your issue is time-sensitive (for instance, if you are requesting a roster modification because you don't have access to the Internet), please use the league message board to make your request. In this way, we can verify the time of your request and make your roster change retroactively if necessary.

League Commissioner

Kian Zarrabi
(858) 345-7949
kianzarrabi@gmail.com

Co-commissioners

None, I run this shit - Kian

League Treasurer

PAYMENTS SHOULD BE MADE TO KIAN ZARRABI BY AUGUST 20th !

Please remit your league entry fees to the league treasurer.

Kian Zarrabi

Venmo: @kzarrabi

Apple Pay and Zelle: 858-345-7949

League fee may only be paid to the commissioner using electronic transmission. These are the following methods that are accepted: Venmo, Paypal, ApplePay, Zelle.

NO CASH From now on

Article II - League Entry & Other Fees

The following fees will be collected yearly to finance league operations and prizes.

Entry Fee: \$250 Total Per Team.

Article III - Prize Payout Structure

Our league awards cash prizes to the top 2 teams, which reach the Championship. In addition, we will do a pity payout to 3rd place. We also award a weekly cash prize to the team with the highest score during each week of the fantasy football regular season.

The highest scorer in the week out of all teams will receive \$15. At the end of the season, each player that is ranked #1 for their position by our leagues scoring system will have a \$10 payout for their team owner.

Starting in 2021 we are having the results of the Post-Draft Survey scored and \$20 awarded to the highest score.

Payout Structure (Out of \$3000 total pot - \$250 per team)

- 1st Place: \$1,680.00 with 12 teams
- 2nd Place: \$750.00 with 12 teams
- 3rd Place: \$300.00 with 12 teams
- Weekly Prizes: \$210 Total: \$15.00 per week, 14 weeks
- Highest scorer by position: \$60 for 6 positions, \$10 per highest scorer.

The David Douglas Rule: This rule has been instituted for the stupid members of the league. The 6 positions should be obvious what they are if you scroll down and see the roster settings but just to be even more clear for the “special” members of this league, they are QB, RB, WR, TE, D/ST, K.

Article IV - Late Payments

There are no late payments allowed. All payments must be made before August 30th 2026 or else you will be subject to a \$5 per late day fine or your spot will be taken. If you need an exception: contact the commissioner ASAP and let him know.

Article V - Trophy Rules

Trophy Engraving & Shipping Fee: \$13.94 (or however much it costs)

Starting in 2018, the team in last place after the consolation bracket is played out will send the commissioner (Kian) \$13.94 (or however much it costs) either by venmo, cash or other means to pay for the plaque that will be on the championship trophy. This change has been made since the winner should be able to enjoy all their winnings.

Trophy Destruction Rule (The Henry Tran is dumb rule):

The champion of the league will be rewarded with the championship trophy and live in glory. But with great power comes great responsibility. As much as it kills me that this must be included in the constitution, please take great care of the trophy and don't treat it like it doesn't matter. Other people want to be able to have a fully functioning trophy when they win the championship too. If you are in possession of the trophy, it is now your responsibility. If there is any damages to the trophy that are noticeable, the person that is in possession of the trophy must have those damages repaired or replace the trophy altogether if it's hard to fix.

Trophy Recipient Rule:

Once the final game of the season has been played and the victor has been crowned, the previous year's first place should award the new winner with the trophy within 2 weeks of the completion of the season. This is to make sure that the new winner has as much time as possible with the trophy to be able to enjoy it. (If the winner is not in the same city as the previous champion, then they will need to coordinate the next time they are in the same city).

Article VI - Playoff Configuration

The league will implement a 6-team Championship playoff system. The top 6 teams will be determined by Sleeper by win/loss record and total points for. The Championship playoffs start on week 15 of the [NFL regular season](#) and last 3 weeks.

This league will also implement a 6-team Loser playoff bracket. The Loser bracket will conclude week 17 as well. The team that finishes at the bottom of the losers bracket will live in infamy, be subject to the punishment detailed in Article XIII, and have to pay the engraving fee for the winner.

Article VII - Draft Order Determination

The Draft position will be selected using a fair and random process. The commissioner has found this website which will determine our draft order and anyone is invited to be present to watch the draft order be selected. The draft order will be decided once all payments have been made and the commissioner will make sure everyone is invited that wants to be present and if not, there will for sure be verification of the draft order not being corrupted by either Instagram Live or having a third party witness.

Article VIII - Trades

Once a trade is offered and then accepted, this two-step process makes a trade FINAL. There are no take backs or asking the commissioner to call the trade off at this point. Unless there is 100% evidence that someone tampered with your account to trade players that you did not want traded, I will not accept any take backs on trades. Before you click the accept button, make sure to think hard about the trade and NO COLD FEET.

Since collusion is a real possibility, this shall be decided to be voted on by the commissioner and the other 9 teams will have a vote on it. For it to be collusion, it would have to be obvious that there is nothing to gain for one of the parties at hand. If you are seen trying to collude, you may be kicked out of the league next year and you will be ineligible from receiving any payouts. If there is evidence that you assisted in collusion, then you will be removed as well. THERE IS A ZERO TOLERANCE FOR COLLUSION.

There are only 2 valid reasons which a trade can be vetoed:

1. If the players involved in the trade are not of comparable value. Value must take into consideration the positions involved (QB, RB, WR, etc) and the specific needs of each team.
2. If both teams aren't improved by the trade.

When a veto is requested, each of the voters that are vetoing will need to give a reason for the trade not going through. By giving statistics, examples and evidence, this can help everyone decide if the trade unfairly helps one team.

Article IX - New Rule Creation

When a league dispute arises which has not been addressed in the league constitution, a discussion will ensue on possible resolutions. Following the discussion period, the commissioner will create an online poll so that owners can vote on an appropriate course of action. The result of the poll will apply immediately and the resulting ruling will be appended to the existing constitution for future reference.

All poll outcomes will be determined based on a plurality and in the case of a tie the commissioner will use his infinite wisdom to cast the deciding vote. When possible polls will run for 3 days unless it is closer to game day, in which case the voting time will be shortened accordingly.

Article X – Draft Location and Drafting

The Draft location will be decided the winner of the league in the previous year and will be planned with the commissioner to pick a location that is reasonable and would not cost an unacceptable amount of money to come to fruition. EVERYONE MUST SHOW UP TO THE DRAFT unless there is a special reason that is told to the commissioner in advance, and then there will be accommodations made. Everyone was given the date of the draft in advance so there is enough time to make accommodations on transportation and getting the appropriate time off to attend. The draft is the most essential part of the league and is where the trash talking begins, everyone must be there for the league to go on.

Article XI – Rivalry Week

Week 8 will be known as rivalry week. Rivals will be decided via the Post-Draft Survey and once we complete the post draft survey, the commissioner will create a schedule to match up everyone's rivals. During the post draft survey, each person will list out their top 6 rivals. And I will spend time matching them up for rivalry week.

Rivalry week will be used just to create some extra fun in the middle of the season. Each set of rivals are encouraged to create some sort of friendly bet between the two of them before the season in anticipation for rivalry week. As commissioner, I will make sure to record the results of rivalry weeks each season. It would be fun to add some extra friendly trash talk during this week within our league to keep the fun going.

Article XII – Roster and Scoring Settings

Each team will be comprised of :

- 1 QB
- 2 RB
- 3 WR
- 1 TE
- 1 FLEX (RB/WR/TE)
- 1 D/ST
- 1 K
- 6 Bench
- 1 IR

Pick-ups will be made through the Waiver system that is set. The waiver system is using FAAB (Free Agent Auction Budget). This system is a type of blind bidding where each player starts off with \$100 auction for the whole season. On Tuesday, each player may go in and bid for a player that is available on waivers. The bidding is blind so you don't know what others are bidding. On Wednesday morning, waivers will process where the team with the highest bid amount for a player will now have them added to their team. You may bid as little as \$0 for a player. If it goes to a tie, Sleeper has a system in place where there is a waiver order set in case there is a tie in auction budget bids.

Pickup Mistakes:

If any league owner accidentally drops a player for another player (not a waiver, just a direct add), and they realize it's a mistake, they have 5 minutes from the time of the mistake to contact the commissioner and let them know to revert it. If they take longer than that, that will be understood to be a "Cold Feet Decision" and it is too late for any fixes.

Playoff Pickups:

Any league owner is allowed to continue to pick up players and use FAAB as long as they have a game coming up and have something to play for. This includes playing for the 5 seed, playing for

9th place etc. One example of a circumstance that you CANNOT pick up players is when you lost in the first round of the playoffs and then the next week you are playing your game to decide who finishes in 5th place and in 6th place. The week after that (Week 17) there is no matchup going on and nothing to play for. In this circumstance, you are not allowed to bid or pick up any players.

Scoring Settings:

PASSING	
Passing Yards ?	+0.04 per yard (25 yards = 1 pt)
Passing TD ?	6
2-Pt Conversion ?	2
Pass Intercepted ?	-2
40+ Yard Pass TD Bonus ?	2
RUSHING	
Rushing Yards ?	+0.1 per yard (10 yards = 1 pt)
Rushing TD ?	6
2-Pt Conversion ?	2
40+ Yard Rush TD Bonus ?	2

RECEIVING	
Reception ?	0.5
Receiving Yards ?	+0.1 per yard (10 yards = 1 pt)
Receiving TD ?	6
2-Pt Conversion ?	2
40+ Yard Reception TD Bonus ?	2
KICKING	
FG Made	3
Points per FG yard over 30 ?	0.1
PAT Made	1
FG Missed	-1
PAT Missed	-1

TEAM DEFENSE	
Defense TD	6
Points Allowed 0	10
Points Allowed 1-6	7
Points Allowed 7-13	4
Points Allowed 14-20	1
Points Allowed 28-34	-1
Points Allowed 35+	-4
3 and Out	0.5
Sacks	0.5
Interceptions	2
Fumble Recovery	2
Tackle For Loss	0.5
Safety	2
Blocked Kick	2
2-Pt Conversion Returns	2

SPECIAL TEAMS DEFENSE	
Special Teams TD	6
Special Teams Fumble Recovery	2
MISC	
Fumble Lost	-2
Fumble Recovery TD	6
BONUS	
100-199 Yard Rushing Game	4
200+ Yard Rushing Game	6
100-199 Yard Receiving Game	4
200+ Yard Receiving Game	6
300-399 Yard Passing Game	4
400+ Yard Passing Game	6

Article XIII – Last Place Punishment

Last place punishment has been voted by us and will be paid and funded by the team in last place. They must do one of the following punishments if their team finishes at the end of the toilet bowl.

Starting in 2026, you must complete your punishment before draft day. If you have not completed your punishment, you will be removed from the league and likely replaced by Arman.

Punishment Options that received at least 7/12 league votes:

FANTASY FOOTBALL

ACCEPTABLE PUNISHMENTS

APPROVED BY LEAGUE VOTE

1 5K RUN OF SHAME



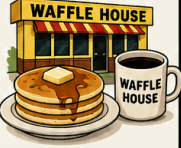
Join a non-themed 5K run dressed in an outfit determined by the champion (banana suit, cow costume, etc.). League reserves the right to assign 3 full beer chugs/shotguns or a "random event" during the 5K. (Random events: beer chug, make a noise when prompted, like screeching "CAWWWWWW" when "eagle" is said.)

2 ADULT LEAGUE ATHLETE



Last place signs up for an adult league and plays a full season of a sport chosen by the winner. Must go in as a free agent and cannot know anyone on the team. Must be an actual sport, not a combat sport.

3 WAFFLE HOUSE CHALLENGE



Waffle House for 24 hours. Every pancake/waffle eaten takes off one hour. Can be IHOP or Denny's.

4 SUMMER TRICK-OR-TREATING



Can only say "I'm a bit early this year" on the initial greeting. Can explain it's a fantasy football punishment at the end. Must receive 10 treats or 2 hours, whichever comes first. League decides the safe neighborhood with the last place finisher.

5 INTERSECTION PUNISHMENT



Spend X hours at an approved intersection with a sign (safe for work) stating you've lost. 1 honk = X (push ups, sit ups, jumping jacks, etc.). Continue until X actions or X hours are completed (agreed upon by league and last place finisher). League is encouraged to join and watch!

6 DRESSED TO FAIL



Wear a dress, tiara out to the bars.

7 60 DAYS OF TIKTOK



Dance on TikTok and record a video every day for 60 days.

8 BLENDER PENALTY



Each league member brings something gross but edible and you have to blend it all together and drink the whole blender.

9 HOT ONES CHALLENGE



Hot Ones Challenge with wings.

10 EVENT BUTLER



Loser puts together a picnic / beach day / tailgate / just something fun. They plan, set up, clean up, and are the butler during the event.

11 TIKTOK FAME QUEST



Make TikTok videos until you get a video with as many likes as points scored that season.

12 FURRY CONVENTION



Attend a 1 day furry convention and dress as one.

13 ZOO SCOUT



Attend the San Diego Zoo dressed as an NFL coach/scout and evaluate animals as NFL prospects. League mates are GMs. Sell the talent to move on. If not, drink a beer.

14 COLLAR & LEASH NIGHT



Loser has to go out to the bars with league mates wearing a collar and leash that their significant other holds the entire time and also wearing a fantasy loser shirt.

FANTASY LOSER

