

2019 LORD STANLEY'S FANTASY FOOTBALL LEAGUE

RULES AND REGULATIONS

Overview:

This league will consist of ten (10) teams in two (2) divisions playing a head-to-head type of fantasy football. The regular season will be fourteen (13) weeks long with three (3) weeks of playoffs concluding with the two best teams playing each other for the Superbowl. The two worst placing teams will also play each other for the rights to the "Toilet bowl" championship.

The league maintains TWO web sites located at:

http://www79.myfantasyleague.com/2019/home/12763	Stats/scoring site on MyFantasyLeague.Com
https://lsffl.speedshifter.info	Official home and Wiki with history and other links

Commissioner:

The commissioner for this league is Steve Gurewitz. The commissioner's responsibilities are to manage the league in a fair, honest and impartial way. There will be no bribes! The commissioner prepares reports, tracks transactions and standings, collects and tracks the money and things of this nature. He is also the last and final word on decisions for the league.

The commissioner can be reached at:

Cell:	214.794.3305
E-mail:	steve@speedshifter.us
	sgurewitz@yahoo.com

Costs:

The fee per team is \$100.00 for the season. This will be payable in two (2) installments. The first payment will be due at the draft. The second will be due after the regular season. It will be up to the commissioner to defer either payment at his discretion. If at the end of the regular season, a team has not paid their total fee, any winnings from the season will be held as payment toward the team's balance. Each team is sent a finalized "bill" at the end of their season that will show all transactions and whether there is a balance or credit due.

You can view your current balance anytime at

http://www79.myfantasyleague.com/2019/accounting_report?L=12763.

Teams:

Each team will consist of the following players:

Position		Min	Max
Quarterbacks	(QB)	1 ea.	2 ea.
Running Backs	(RB)	2 ea.	4 ea.
Wide Receivers / Tight ends	(WR)	3 ea.	5 ea.
Kickers	(K)	1 ea.	2 ea.
Team Defenses	(D)	1 ea.	2 ea.
Team Special Teams	(ST)	1 ea.	2 ea.

We use a combined wide receiver and tight-end position meaning that there is no differentiation between the different positions – they are considered the same.

Each week you will select ten (10) players as your starting line-up. You may not start more than one (1) of your quarterbacks, kickers, defense and special teams' players. The minimum starting running backs will be two (2) players. The minimum starting wide receivers/tight ends will be three (3) players. Effective for the 2009 season was the addition of a "flex" position. This can be either an additional running back or wide receiver player from your active roster. You cannot start more than three (3) running backs or four (4) wide receivers and you may never start more than ten (10) total players in any single week.

Draft

Draft will consist of 17 rounds of picks in a serpentine fashion, alternating each round. This means that if you have the first pick of the draft, you will not pick again until the last pick of round #2 (24th pick overall of the draft). You will also then have the first pick of round #3 (25th pick overall of the draft). You will only have to make 15 actual picks because we don't actually pick individual special teams. Whatever defensive unit you choose during the draft, you will automatically be given their special teams units. The intention is to 1) avoid having to research special teams' players/squads and 2) make the draft go faster!

Draft this season will be on Sunday, August 25th at 1:00P at Steve's house in Frisco. The draft this season will be held almost two (2) weeks prior to the start of the 2019 NFL season. As in past years when the league has drafted this far in advance, each team will be given one (1) free transaction to be used prior to the start of the first NFL game of the 2019 season. This free transaction can NOT be carried over to the regular season. It is meant to allow a team to recover from an injury suffered during the last couple weeks of the NFL preseason and nothing more.

As agreed to prior, this season we randomized the draft order. Names were pulled from a hat by a third party under the supervision of the Commish. That draft order has been posted and is available for your review at <http://www79.myfantasyleague.com/2019/options?L=12763&O=17>.

Season and Schedule:

The regular season will consist of a thirteen (13) week schedule of head-to-head competition. Each team will play the other four (4) teams in their division twice and the remaining five (5) teams in the other divisions once. In each week's head-to-head matchups, if there is a tie after totaling all starters' total points, a win will be awarded to the team with the highest "potential points" total. There will be no ties in weekly head-to-head competition. The tiebreakers for the league that determine division and team rankings are described below.

At the end of the regular season (after week #13's conclusion) a three-week playoff season will commence. This is discussed below in the section called "Playoffs".

Team Rankings:

Teams are constantly ranked throughout the season. The rankings are used for not only waiver wire moves BUT ultimately for playoff positions at the conclusion of the 13-week regular season. The same tiebreakers will be used in both the regular season and playoffs. The following tiebreakers will be used to determine your position:

1. Overall record
2. Total points for
3. Division Record
4. Head-to-head record
5. Total points against

Playoffs:

At the end of the regular season (week #13's conclusion), the post season will commence with three (3) weeks of total playoffs. The first week of playoffs (NFL week #14) will be the "wild card" round. The winners of those games will meet the top two ranked division winners in the second week of the playoffs – "finals round" (NFL week #15). The winners of the second week's playoff games will meet each other in the third week of the playoffs for the Superbowl championship (NFL week #16).

The top two teams in each division and the next four highest ranked teams will go on to the playoffs. Teams will be ranked for the playoffs 1-6 according to the same league rankings mentioned above for regular season play. Teams #1 and #2 will be the top two divisional winners. Just like the NFL, the two highest ranked teams will get a bye the first week of the playoffs (week #14). Teams #3 through #6 will be the next four highest ranked teams below the top two divisional winners – regardless of division.

The first wild card game will be with the #3 team versus the #6 team. The second wild card game will be the #4 team versus the #5 team. Going into round #2, we will "re-sort" - the highest ranked team will always face the lowest ranked team in the first game of round #2. The second game will feature the #2 ranked playoff team versus the other winner of the round #1's match-up. Throughout the playoffs, the highest ranked team is always considered the home team ... which matters really for nothing other than show.

New for the 2019 season is the inclusion of "consolation" games. If you lose your first playoff game, you will get a second one this year! The two losers of round #1 will face each other to decide the "fifth place" team. The two losers of round #2 will face each other to decide the "third place" team. Both matchups will occur during "championship week" of NFL week #16. SO that means this year there will be more than just the Superbowl to watch, for a change.

Also new for the 2019 season is a "Best of the Rest" (BotR) tourney for the remaining teams that don't make it to the "Championship" bracket. The remaining four teams ranked #7 through #10 will play a two-week tourney against each other. Just like the "Championship" bracket, there will be "consolation" games for the "BotR" bracket. New for 2019 will be that the team that loses TWO games in the "BotR" bracket will be crowned the "Toilet Bowl" champion of the league! SO, you could come in as the #7 team but leave as the TB champ if you're not careful. Currently at this time there is no prize or anything for being the TB champion. It has been discussed that we might actually use the "final" rankings after the playoffs for drafting positions the following season ... BUT ... with all the turnover the last few years, we have tabled the idea, for now.

Scoring:

Scoring of starting player positions will be six (6) points for any rushing, passing or receiving touchdown. There will be points given for total yardage gained either on the ground or through the air also. Kicking will be either rewarded or penalized for accuracy and distance. Teams will play a team concept for Defense, meaning that you do not choose individual defensive players but take an entire team as a whole. Special Teams are also a team concept by which you are given or taken points for a particular team you start. Effective prior to the 2007 season, negative point totals became allowed for any starting players.

To see the exact breakdown of how points are scored, please see this link at the MFL.COM site - <http://www79.myfantasyleague.com/2019/options?L=12763&O=09>.

Transactions:

Teams will be allowed to make transactions during the entire regular season and into the playoff. Transactions consist of picking players up from free agency, moving players to injured reserve and trades amongst other teams. A free agent is considered any player that is currently available from the pool of NFL players not on any

other fantasy team. Teams may make a total of two (2) transactions per week during the regular season and one (1) transaction during the LSFFL playoffs. Each transaction costs \$5.00 for each player "added" to your team. No more than two (2) transactions will be allowed per week during the regular season!

The distribution of the fees collected from the extra transactions will be included in the end of the year winners' distributions. These will be explained later in more detail.

Picking up Free Agents:

Free agency player pick-ups are players that are not currently on any fantasy team's rosters at the start of the week. Once a player is dropped from a fantasy team, he is not available to be picked up off via free agency until the following week. A dropped player is "locked" until the following week. In order to pick up a free agent, you must first drop a player from your current roster. You must use the MyFantasyLeague.com site to enter in your transactions for the week. As a backup, you can contact the Commish if necessary, to enter one for you.

You have not been officially awarded a player until you receive conformation from the commissioner directly or via the MyFantasyLeague.com site! The "free agency period" will be considered from noon Thursday the start of each player's game each week. Each week at noon on Thursday, the MyFantasyLeague.com site will automatically process waivers. The first round of waivers is based on your team's rankings as mention above in "Team Rankings". The team considered #10 in the league gets first pick at available free agents. Waivers will be processed "worst to first" ranking wise. If the #10 team does not make a move, then it goes to #9 and so on. Once each team has had a chance to make a waiver move by rankings, the next moves are available on a "first come, first served" basis. This means that the "Worst Team Record" rule only applies once and you need to take advantage of that while you can. Teams can start making waivers requests on the MyFantasyLeague.com site as soon as noon on Tuesday. Officially the NFL now considers a week to start with the Thursday night games. The LSFFL considers a week to start the following Tuesday after MNF.

With the first deadline being noon on Thursday this will leave plenty of time to adjust your line-ups as necessary for Thursday night games.

Injured Reserve:

Each team will be allowed to put one (1) player on Injured Reserve status. You may never have more than one player on Injured Reserve at a time. This is a player who is listed as OUT for this week's play by the NFL. The team will then be allowed to pick up a free agent player of the same position as the player that they are putting on Injured Reserve. As long as the player is on Injured Reserve, you may not start that player. When the Injured Reserve player's status has been upgraded by the NFL to anything other than OUT, you are required to either 1) immediately drop the player you picked up off of free agency and "reactivate" the original player off of Injured Reserve or 2) if you want to keep the player you have picked up using the Injured Reserve rule, you can drop a different player of the same position. Putting a player on or taking a player off of Injured Reserve counts as a transaction for the week. It does not cost you anything to put a player on Injured Reserve BUT it does cost you \$5.00 to reactivate a player off Injured Reserve. Even if you drop the player that was put on Injured Reserve you are still required to pay the \$5.00 to reactivate them to be dropped.

Trades amongst teams:

Trades amongst teams are handled in the same fashion as picking up free agents. Both teams must contact the commissioner with the players they are trading. The commissioner has the final say on whether the trade will be allowed or not. **It is not to be used as a tool for building up one team and not the other.** If teams trade for unlike positions, the teams are required to adjust their teams back to the league rule normals (see section

Teams for details of allowed number of players). Team owners should have all players being traded as well as dropped when contacting the commissioner with the transaction.

Clarifying, you may make trades between teams for both alike and un-alike positions. Alike positions make everything easy. It's one for one. Un-alike positions mean you will wind up with an unbalanced team. An unbalanced team would be a team with more and less than the allowed number of players for certain positions. You may carry LESS than the number of players, but not more. A team with more players than allowed in a certain position is required to drop a player immediately to get back to the allowed amount. This is mandatory! But you are allowed to go as long as you wish with less than the allowed number of players. Here's an example:

Team Freaks trades Jay Cutler to Team Jacked Up for Randy Moss. Team Jacked Up now has too many QBs and must immediately drop one QB. Team Freaks now has too many WRs and must immediately drop one WR. This is considered to be the first transaction. Now, Team Jacked Up is short one RB and Team Freaks is short one QB. If both teams want, they can pick up a free agent (or make another trade) to fill in the respective player positions. If they do, this will be considered the second transaction, which will be their last for this week and will also cost \$5.00. If both teams decide not to make another transaction, they can continue being short a player. You may be short players as long as you like.

All transactions will be posted on the league's MyFantasyLeague.com web site. This will be updated after each transaction. This will be the place for the most up-to-date information.

Turning in Weekly Line-ups:

Weekly line-ups may be turned in via the MyFantasyLeague.com web site or by e-mail to the commissioner. Both are discussed below in more details. All means of turning a line-up in must/will have timestamps for accuracy.

A player can be started right up till the start of their respective game. That's regardless of whether it's a Thursday, Saturday, Sunday or Monday. It's up to YOU to get the line-up in prior to the start of your player's game(s). With the league using a completely on-line management web site (MyFantasyLeague.COM), its owners can be responsible for their own line-ups. All line-ups submitted directly to the commissioner will be updated on the web site ASAP. The MyFantasyLeague.COM site will automatically copy a teams' previous lineup from week to week. It is completely up to the team owners to handle their own "bye week" / line-ups issues. If you don't get a line-up turned in, it's your responsibility.

MyFantasyLeague.COM Web site:

This would be the numero uno recommended way of turning in a line-up! You are free to do this 24x7 during the season. The web site will lockout players in games either already started or with less than five (5) minutes left till game time. Once that happens, only the commissioner can change a team's line-up. This gives you your most flexibility. You can configure the web site to have an e-mail sent to you when your opposition turns in a line-up. If your opposition changes his line-up at the last minute, you'll be updated. If he changes it 15 times, you'll be updated each time as well. The commissioner will post any line-ups turned in directly to him ASAP. While that will usually be within minutes of receiving it, it's at the commissioner's best effort.

E-mail:

You can e-mail your line-up in at any time 24x7. The e-mail address is steve@speedshifter.us . If for some reason there would happen to be a problem with my e-mail, I'll contact everyone to try a different address.

Standings and Statistics:

The MyFantasyLeague.COM site gives owners complete control over viewing league reports such as standings and team statistics. During game play, you can get real-time stats for your players and overall team. The web site can also be configured to e-mail you several different reports and information both during the week and after all games have concluded.

After the conclusion of Monday night's game the results from the previous week's play will be available on the MyFantasyLeague.COM web site. These will be considered the results for the week. At times the NFL and its official statistician Elias Sports Bureau will review and make changes to statistics days (or weeks) after the game has taken place. The MyFantasyLeague.COM site will automatically make those changes and adjustments as necessary during the season and send out a notification – usually on Thursday AM *prior* to waivers. Most times these are just minor point differences in either direction BUT it is possible that they will affect the outcome of a week's head to head match-up. That's where the Commish will get involved as necessary to ensure no ties appear or anything comes up that might impact the waivers process.

Disbursement of Funds:

There will be a weekly *credit* for the teams finishing with the three (3) highest “total points” for the week. The payouts will be as follows:

1 st Place	\$15.00
2 nd Place	\$10.00
3 rd Place	\$5.00

These credits will be used against your remaining balances for your team. If at the end of the regular season your balance is still negative, you will be expected to pay the remaining balance. If at the end of the season your balance is positive, you can use your “credit” towards next year's fees or paid the difference at the end of the Superbowl with the other disbursements.

With the cost of ownership for each team being \$100.00, and there being ten (10) teams, total receivables for the league (without the extra transaction fees) will be \$1,000.00. With the above weekly credits for 1st, 2nd and 3rd place points per week, there will be \$390.00 paid out. The software to run the league costs \$80.00 and the yearly update to the trophy costs \$25. This will leave \$505.00 left without including any money collected from the transaction fees. The transaction fees will be put in with the total remaining money **LESS** a 20% cut for the commissioner. SO, the more you trade, the more goes into the total winnings and also, into my pocket. The actual numbers are 70% of the total disbursement will go to the Superbowl winner and 30% will go to the runner up. A history of past payouts can be found at https://lsffl2.speedshifter.info/2019/2019_Payouts.htm. The averages are 75 transactions per season that adds an additional \$300 to the pot. After expenses, the winner gets just north of \$700 and the runner-up has seen a little over \$300 for the last 20 years. *These could change a little this year with the reduction to just ten teams.*

These are the official rules for the 2019 Lord Stanley's Fantasy Football League. These rules will be adhered to at all times. As necessary during the season, these rules will be either amended or supplemented. A majority of team owners along with the agreement of the commissioner are required before the league rules will be amended or supplemented. As stated prior, the commissioner is and has the final say on all matters pertaining to the league.

STEVE GUREWITZ
LORD STANLEY'S FANTASY FOOTBALL LEAGUE COMMISSIONER

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