

2009 LORD STANLEY'S FANTASY FOOTBALL LEAGUE

RULES AND REGULATIONS

Overview:

This league will consist of twelve (12) teams in three (3) divisions playing a head-to-head type of fantasy football. The regular season will be fourteen (14) 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.

Commissioner:

The commissioner for this league is Steve Gurewitz. The commissioner will be assisted by Kyle Buffington acting as co-commissioner for the league. 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:

Business: 214.859.1897
Cell: 214.794.3305
E-mail: steve@speedshifter.us, or sgurewitz@swst.com, or sgurewitz@yahoo.com

The league maintains TWO web sites located at:

Web-Site: <http://www12.myfantasyleague.com/2009/home/14693> - Stats/scoring site
<http://lsffl.speedshifter.us> - Official home with history and other links

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 before the last four (4) weeks of the regular season. It will be up to the commissioner to wave 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 teams balance. The wrath of the entire league will also be levied against you, scumbag!

Teams:

Each team will consist of the following players:

- 2 ea. Quarterbacks (QB)
- 4 ea. Running Backs (RB)
- 5 ea. Wide Receivers / Tight-ends (WR)
- 2 ea. Kickers (K)
- 2 ea. Defense (D)
- 2 ea. Special Teams (ST)

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.

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

Each week you will select ten (10) players as your starting lineup. 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 is the addition of a "flex" position. This can be either an additional running back or wide receiver/tight-end player from your active roster. You can not start more than three (3) running backs or four (4) wide receivers/tight-ends and you may never start more than ten (10) total players in any one week.

Draft

The draft this season will be held two (2) weeks prior to the start of the 2009 NFL season. 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).

Draft this season will be on Sunday, August 23rd at 1:00P at Steve's house in Frisco. As in past years when the league has drafted two weeks in advance, each team will be given one (1) free transaction to be used prior to the start of the 1st NFL game of the 2009 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 two (2) 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 both the Commish and Co-Commish. That draft order has been posted and is available for your review at

<http://football12.myfantasyleague.com/2009/options?L=14693&O=17>.

League, Season and Schedule:

The regular season will consist of a fourteen-week schedule of head-to-head competition. Each team will play the other three (3) teams in their division twice and the remaining eight (8) teams in the other divisions once. In each week's head-to-head match-ups, 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 #14's conclusion) a three week playoff season will commence. This is discussed below in the section called "Playoffs".

Team Rankings:

Teams are constantly ranked through out the season. The rankings are used for not only waiver wire moves BUT ultimately for playoff positions at the conclusion of the 14 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

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

Playoffs:

At the end of the regular season (week #14's conclusion), the post season will commence with three (3) weeks of total playoffs. The first week of playoffs (NFL week #15) 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 #16). 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 #17).

The top three teams in each division and the next three highest ranked teams will go on to the playoffs. Teams will be ranked for the playoffs 1-6 according to the same league tiebreakers 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 #15). Teams #3 and #4 will be the lowest ranked divisional winner and the next highest ranked team who is not a divisional winner respectively. Teams #5 and #6 will be the next two highest ranked teams below the top four already mentioned.

The first wild card game will be with the #3 team versus the #4 team. The second wild card game will be the #5 team versus the #6 team. Going into round #2, just like in the NHL, 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. Through out the playoffs, like in the NHL, the highest ranked team is always considered the home team ... which matters really for nothing other than show.

The league also has what is known as a "Toilet Bowl" champion and a "Toilet Bowl Championship Game". This will be played on week three of the playoffs (NFL week #17) along with the league's Superbowl Championship game. The two weakest teams in the entire league will meet each other for the right to be called the "Toilet Bowl" champion. This will be the team losing (posting the lowest score between the two teams in that head-to-head matchup) the "Toilet Bowl Championship Game".

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 have to 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 both for a particular team you start. No player or combination team players may score less than zero (0) points so there are no negative point totals allowed.

To see the exact breakdown of how points are scored, please see the attachment for scoring rules later in the handout or at

<http://football12.myfantasyleague.com/2009/options?L=14693&O=09>.

Trades and Free Agency:

Teams will be allowed to make transactions during the entire regular season, and one emergency (free agency only) transaction during the three playoff weeks. Transactions consist of trades amongst other teams and picking players up from free agency. A free agent is considered any player that is currently available from the pool of NFL players not on

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

any other fantasy team. Teams may make a total of two (2) transactions per week during the regular season and one (1) emergency transaction during one (1) of the three (3) weeks that make up the LSFFL playoffs. Each transaction costs \$5.00 during the regular season and \$10.00 during the LSFFL playoffs. No more than two (2) transactions will be allowed per week during the regular season!

The commissioner either before or after the transaction will collect the fee for the transaction. It is the commissioner's right to wave the payment, but not the fee. If the commissioner waves payment, the fee will be added to the team's final balance at the end of the 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 pickups 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. In order to pickup a free agent, you must first drop a player from your current roster. You must either contact the commissioner with both the player to be dropped and the player to be picked up OR preferably use the MyFantasyLeague.com site to do it yourself. In the event that two teams try to pickup the same player at the same time, the following system will be used to decide which team will get that player:

- Worst Record
- Worst "Points For" total
- Commissioner's decision

You have not been officially awarded a player until you receive conformation from the commissioner directly or via the MyFantasyLeague.com site! Free agent pickups will be allowed only from Tuesday noon until Saturday at 6:00P. From Thursday noon until Saturday at 6:00P, free agent pickups will be on a first come, first served basis. This means that the "Worst Team Record" rule only applies until Thursday at noon.

Restated, the first 48 hours after Monday Night Football, it is an ordered alignment for free agent pickups. The 48 hours afterwards any team may pickup any free agent on a first come, first served basis. You may make only one free agent pickup in the first 48 hours. Again, you have not been awarded a free agent until you have confirmation from the commissioner. With the first deadline being noon on Thursday this will leave plenty of time to adjust your lineups as necessary for Thursday and/or Saturday games. Most of which occur later in the season.

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 normal's (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

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

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 amount of players. Here's an example:

Team Freaks trades Jay Cutler to Team Not Jacked Up for Randy Moss. Team Not 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 Not 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.

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.

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 Lineups:

Weekly lineups may be turned in one (1) of three (3) ways – by a message on the commissioner's v-mail, by e-mail to the commissioner and/or the co-commissioner or via the MyFantasyLeague.com web site. All are discussed below in more details. All means of turning a lineup 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 lineup in prior to the start of your players' game. Which ever of the three (3) methods you choose is up to you. With the league now using a completely on-line management web site (MyFantasyLeague.COM), its owners can be responsible for their own lineups. If you so choose to use some of the older but tried and true methods, that is completely expectable. All lineups submitted directly to the commissioner will be updated on the web site ASAP. No changes will be made by the commissioner any longer for bye weeks to teams' rosters in advance. It is now completely up to the team owners to handle their lineups. If you don't get a lineup turned in, its your responsibility.

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

Voice Mail:

You can call you lineup in at anytime 24x7 to my voice mail. The number is **(214) 794-3305**. After the message, you will have one minute to leave your lineup. If you can't finish in a minute, then you'll just have to call back a second time. If for some reason there happens to be something wrong with my voice mail, I'll contact each team owner and give you an alternate voice mailbox to call the lineups into.

E-mail:

You can e-mail your lineup in at anytime 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 give you a different address.

MyFantasyLeague.COM Web site:

This would be the numero uno recommended way of turning in a lineup! 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 lineup. 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 lineup. If your opposition changes his lineup 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 lineups turned in directly to him via v-mail or e-mail ASAP. While that will usually be within minutes of receiving it, it's at the commissioner's best effort.

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 a number of 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 final 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 Commish will announce those changes and adjustments as necessary during the season. Most times these are just minor point differences in either direction. It is not impossible but more likely improbable that they will affect the outcome of a week's head to head match-up. But point totals do affect final playoff positions and that usually happens every year.

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 will be paid the difference at the end of the Superbowl with the other disbursements.

2004 LORD STANLEY'S FANTASY FOOTBALL LEAGUE - RULES AND REGULATIONS

With the cost of ownership for each team being \$100.00, and there being twelve (12) teams, total receivables for the league without the \$5.00 extra transaction fees will be \$1,200.00. With the above weekly credits for 1st, 2nd and 3rd place points per week, there will be \$420.00 paid off. The software to run the league costs \$75.00, which I have to be reimbursed for. This will leave \$705.00 left without including any money collected from the extra transaction fees. The transaction fees will be put in with the total remaining money **LESS** a 20% cut for the commissioner's other expenses. SO, the more you trade, the more goes into the total winnings and also, into my pocket. Since there will be records of every transaction fee, I will be updating the total money to be won on a weekly basis (along with my cut, just to be on the up and up). The actual numbers are 70% of the total disbursement will go to the Superbowl winner and 30% will go to the runner up. Attached you will find a spreadsheet of the percentages to be divided amongst the winners.

These are the official rules for the 2009 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