

SUBURBAN FANTASY FOOTBALL LEAGUE

2011 SEASON - OFFICIAL RULES HANDBOOK

RULES AND REGULATIONS

I. Player Draft

A. Location: Saturday, September 2, 2011 at McGonigal's Pub in Barrington, IL, beginning at 8:00 PM and ending approximately 12:00 AM. Directions will be provided via e-mail and the website. Food and drinks can be purchased directly through the bar/restaurant so no additional event funding per team (or "BYOB") is required.

B. Team Representation: No team will be permitted to draft for or represent another unless prior arrangements are made with the commissioner. To reinforce the "A-Hole Rule" of 2007, any team not represented by a primary owner at the draft will forfeit their franchise spot in the SFFL. Also, team names will remain the same from the prior year, but if a team chooses to change their name there will be a \$25 charge (which goes towards the league pot). Entirely new teams/owners replacing existing teams are exempt from this charge.

C. Draft Order:

- ◆ The draft order is typically selected at the "Think Tank" two weeks prior to the draft; in 2011 selections were made by the commish on 8/29/11. Draft order is picked in "NBA Lottery" fashion, with the prior years worst team getting twelve (12) chances put in a hat, the second worst team getting eleven (11) chances, and so on. These team chances will be pulled from the hat in order of 1-12 for the draft. The Conferences will be picked randomly during round seven of our draft, with each team drawing American, National or Federal.
- ◆ The draft will consist of FIFTEEN (15) rounds. The draft itself will be done in "serpentine order" (i.e. 1-12, then the #12 in the draft order takes the 13th pick, #11 in draft takes the next pick, etc).
- ◆ Players may be chosen in any order with the team consisting of players as follows:

Position	# Required to Draft per Team	# of Starters required in every game (per team)	Max # of players on roster at any time**
Quarterbacks	2	1	3
Running Backs	4	2	5
Wide Receivers and Tight Ends*	5*	3 (Must start 1 WR & 1 TE)	7 (5 WRs, 2 TE)
Kickers	2	1	3
Defense	2	1	3
Tiebreaker Player	N/A	1 (used for ties only)	N/A

*You can draft a combination of 5 WR & TE, though minimum of one (1) TE is mandatory.

** See Rule III A for further explanation – "Draft +1 Rule" in effect as of the 2003 season

- ◆ No two teams can draft the same player.
- ◆ Any position\player\defensive team may be drafted during any of the 15 rounds.
- ◆ Divisions (American, National, Federal) will be chosen by each team after their first round pick is recorded. This is a random "pull from the hat" process.
- ◆ Teams must field enough required position starters per week but are not required to keep the same number of drafted players per position during the season (See section III-A for "Draft +1" details).
- ◆ In order to expedite the draft process, a time limit will be enforced. Each franchise will be allotted TWO (2) MINUTES to make their selections (four (4) minutes will be allotted for the franchise owners with consecutive "reverse order" picks). Enforcement will be done by creative "peer pressure" of other teams.
- ◆ A 15-20 minute break will be taken after the 8th round to regroup and re-hang the draft board (if necessary).

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II. Communications and Game Rules

- A.** The official reporting source will be the **ONLINE** version of the FLM Software (www.flm.com), which is **myfantasyleague.com**. Though usually identified and corrected by FLM, in the case of a discrepancy in scoring, the franchise owner(s) must provide the commissioner with two (2) other backup sources to correct errors.
- B.** **SFFL Official Website address:** <http://sffl.mcgonigal.org>, which is the permanent online home. Most of the league specific information, including writeups, will be located here. Statistical information, lineups submissions, etc. will be available on our myfantasyleague.com page, which will be linked to from our website.
*****SFFL official e-mail address: football@mcgonigal.org.**
*****Bryan's cell phone number is 708-217-3982.** Work/Pub number is 847-277-7400.

All updates will be done ONLINE via the website (or e-mails if there are problems posting updates to the site). Effective in 2004 with the myfantasyleague.com site, there is no need to e-mail or phone messages concerning lineups. Only in special circumstances will they be accepted by any other method other than through the website.

C. Important Information regarding submissions for TRANSACTIONS and WEEKLY LINEUPS:

- ◆ **Player trades or transactions request MUST be submitted by Wednesday at 9:00 PM** (permanent adjustment to Wednesdays made in 2009 due to regular Thursday night NFL games). If the franchise owner does not submit the request before this time, they will not be allowed.
- ◆ **“Second Chance” trades or transactions must be submitted by SATURDAY at 10:00 AM.** If the franchise owner does not submit the request before this time, they will not be allowed.
- ◆ **“Game Day Pickups”** are in effect every Sunday from 7:00 AM – 12:00 PM CST (see III-B for details).
- ◆ **The only exception to the above transaction rules will be “special weeks”** (Thursday night & Saturday games) or dates when the commissioner may not be available (vacation, etc.). The Commissioner will notify the league of these dates in advance and the amended deadlines or rules for that week.
- ◆ **Player positions in the final weekly lineup must be filled by kickoff of each player's game** (2009 rule change from the noon CST deadline). All lineups are submitted online through the website, and by default the previous weeks lineup is automatically added in after the Monday night game. If the franchise owner is missing any players in their lineup they will receive zero (0) points for that starting roster position.

- D. SCORING** - the winning team in head-to-head competition is determined by the team with the most points after the end of the football week. The following point scoring system will be used throughout the season:

Position: QUARTERBACK	Points
Touchdown PASS thrown, 0 - 20 yards	7
Touchdown PASS thrown, 21 - 40 yards	14
Touchdown PASS thrown, 41+ yards	21
For each 20 yards thrown (negative yards = 0)	1
300 yards passing. (Bonus Points)	5
Two-Point conversion, throwing or rushing	5
Touchdown scored rushing or receiving a pass	Same as Running Back
Every 10 yards rushing (negative yards = 0)	1
Every 10 yards receiving (negative yards = 0)	1
Total 100 Yards COMBINED rushing and receiving	5
Each additional 25 yards combined	1
2-Point conversion: rushing, receiving or passing	5
Fumble or Interception	-3

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RUNNING BACKS, WIDE RECEIVERS & TIGHT ENDS	Points
Touchdown (rushing) 0 - 15 yards	7
Touchdown (rushing) 16 - 30 yards	14
Touchdown (rushing) 31+ yards	21
Touchdown (receiving) 0 - 15 yards	7
Touchdown (receiving) 16 - 30 yards	14
Touchdown (receiving) 31+ yards	21
Every 10 yards rushing (negative yardage = 0)	1
Every 10 yards receiving (negative yardage = 0)	1
Total 100 Yards COMBINED rushing and receiving	5
Each additional 25 yards combined	1
2-Point conversion: rushing, receiving or passing	5
Touchdown pass thrown	Same as Quarterback
Fumble or Interception	-3
TIGHT ENDS ONLY – Every Reception	1
Scoring a TD on kickoff or punt return (D/Special Teams)	7

KICKER	Points
Field goal: 0 – 30 yards	3
31 - 40 yards	6
41 - 50 yards	9
Every yard over 50	1
Extra Point	2
Missed Extra Point	-3
2-Point conversion: rushing, receiving or passing	5
Missed Field Goal: 0 – 30 yards	-3
31 – 40 yards	-2
41 – 50 yards	-1
<i>(no penalty for a miss over 50 yards)</i>	

Position: DEFENSE/SPECIAL TEAMS	Points
QB Sack	2
Fumble Recovery or Interception	4
Touchdown scored on a blocked field goal/punt, fumble recovery or Interception	7
Kickoff or punt return for a touchdown	7
Position Player (WR, TE, RB, etc) that scores a TD on a kickoff or punt return	7 (for that particular player)
Safety	7
SHUTOUT of opposing team	10
Opposing team scores 30 or more points*	-5

**Penalty is assigned regardless of how scoring was done*

- ◆ **Every week it will be necessary for each team to select one of their non-starting (bench) players to act as the TIEBREAKER PLAYER.** In the event of a point TIE, the total points of this Tiebreaker Player will be used to determine the winner (higher total wins). If there is still a tie, the HOME TEAM will be the winner of that game. The home team will be noted on the weekly schedule. **If a tiebreaker player is not assigned, that team will be given a 0 (no points) to determine the outcome of a tie.**

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III. TRADES & TRANSACTIONS

- A.** Players may be added and dropped from franchises throughout the season. All transaction (waiver) requests are done through the website via **BLIND BIDDING** (effective as of the 2004 season). Trade requests are also done through the website. Note that franchise rosters must always be at 15 players after all weekly trades/transactions (the commissioner will enforce this rule).
- ◆ “Draft +1 Rule” – at each position, a team may not have on their roster at any time more than one player greater than the number of players DRAFTED at that position, i.e., three (3) QBs maximum per roster. See rule IC (draft) for numbers per position. *This rule went into effect by league vote at the 2003 draft.*
 - ◆ The following **enforcement** rule on illegal lineups went into effect during the 2004 season by league vote:
 - a) Teams must have a full 15-man roster by the end of the weekly Saturday (“last chance”) waiver/trade deadline.
 - b) Teams must not exceed the maximum number allocated for each roster spot (listed on page one of our rules book) by the start of the noon games on Sunday (i.e., the end of “game day pickups”). Position limits are listed on page one of our rules book (i.e., “Draft +1 Rule”).
 - c) Teams will never be allowed to make a waiver pickup that will cause them to exceed the 15-man roster limit (typically one drop for one pickup eliminates this possibility)
 - d) Any team in violation of these roster rules as stated will be fined \$50 (money to the league pot).
- B.** Once a player has been dropped, he becomes a free agent and is eligible to be picked up by another franchise. The player that is dropped is “frozen” until Monday of the upcoming week (no player can be dropped and added in the same week). There is no more dice rolls for pickups – all waivers will be done via **BLIND BIDDING** through the website, subject to the weekly league deadlines for submissions, with the following guidelines:
- ◆ **Each franchise is provided \$1000 in blind bid money for the season at no charge.** Each franchise does have the option to purchase an additional \$500 in blind bid money for \$50 in real money, which goes to the league pot. This is a one-time deal and additional leftover blind bid monies at years end will have no value.
 - ◆ **One blind bid per player per team per week.** This eliminates the prior “Holmes-Holcombe” rule that allowed for multiple drops for multiple pickup attempts for a player.
 - ◆ **Blind bids must be done in increments of \$1.** The only limitation per bid is the amount of blind bid money currently owned by the franchise. **HIGHEST BID is awarded the player**, and that money is deducted from the winning teams blind bid money totals. **NOTE** – teams who lose in the blind bid process are not charged the blind bid money, but are subject to actual league fees as described in section C (below).
 - ◆ **In the event of a blind bid TIE**, the team currently with the **lowest YTD point total** (points for) will be awarded the player. In the event teams are also tied in point totals, the tie will be broken by a roll of two dice per team, with the eventual highest roll winning the player.
 - ◆ Participating franchise owners will be notified by the commissioner as to the outcome of the transaction requests **no later than 7:00 AM CST on the morning following the deadline**. “Second Chance” requests that are due Saturdays @ 10:00 AM will be processed and posted no later than 7:00 AM on Sunday morning.
 - ◆ As of 2007, we are allowing “**Game Day Pickups**”, which is a first-come, first served format (no blind bidding) from 7:00 AM CST through Noon CST. Fees for these transactions are **\$3.00 per waiver pickup** (lowered from \$5 effective in the 2008 season). These require no commissioner approval or review.
- C.** A \$3.00 per player fee will be charged for player transactions and “Game Day Pickups.” Unlimited transactions are permitted throughout the year. **NOTE - all teams that participate in a blind bid waiver request described above forfeit the \$3.00 transaction fee, regardless of whether or not they acquire the player.**
- D.** Teams may **trade players** to and from each other through the Commissioner for a fee of **\$3.00 per player** per team. Only the acquired player through trades will be billed to the (receiving) team. Unlimited players may be traded. **All trade requests are subject to review and approval by the Commissioner.**

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- E.** To avoid “repetitive trades” to & from the same teams, a traded player must remain on the new team for a minimum of two games (two weeks), or one week & then dropped from the roster.
- F.** Blind bid money **cannot** be bought and sold between franchises. However, blind bid money **CAN** be used in conjunction with player trades requests. As with all trades, approval is subject to review by the commissioner.
- G.** No trades are permitted after week #11.
- H.** Trades for future draft picks: effective as of the 2008 season we have discontinued trades for future draft picks. This was decided by a full league vote on the issue.
- I.** No player can be used in a position that differs from his draft day status. The commissioner will not allow this to happen, so no fines will need to be assessed.
- J.** Transactions will be published on the myfantasyleague.com site once completed. It will be the responsibility of the team owners to check the website for updates.

IV. Fees (with exception of entry fee, all will be collected at end of season)

- A.** **\$150.00 Franchise fee per team** – payable on DRAFT DAY (commish’s team pays \$75)
- B.** **Team name changes** (\$25.00).
- C.** **Weekly losers** pay \$10.00 per loss for regular season games & “Second Chance” postseason bracket
- D.** **Playoff losers & Toilet Bowl** loser pay \$10.00 per loss. Also note that playoff WINNERS are awarded \$10 per win per game (new rule as of 2003).
- E.** **“Free Agent” player transactions** (including losing attempts) are \$3.00 each
- F.** **Trades between teams** are \$3.00 per player involved, paid by the team who acquires the player.
- G.** **Points scored vs. points against:** Each team pays/receives \$.25 per point according to regular season and playoff/tournament point totals.
- H.** **“KICK IN THE DICK”:** for the full regular season and weeks 14 & 15 in the postseason, a weekly fine of \$10.00 will be assessed to the team with the lowest total point output for that week. In the event of a tie, both (or all related) teams will be fined. These funds will not be added to the league pot; \$75.00 will go towards the year-end party and \$75.00 goes to the “Toilet Bowl” winner.
- I.** **“VEGA 25”:** the team with the worst single week score at the end of the season (including playoffs) will owe an additional \$25 to the league.
- J.** **Weekly Efficiency and Power Rankings Penalties:** for the full regular season and weeks 14 & 15 in the postseason, on a WEEKLY basis, the team with the worst Efficiency Rating for that week will be fined \$5.00 and the team with the worst Power Ranking for that week will be fined \$5.00. \$75.00 of the funds will go towards the year-end party, and \$75.00 will go towards the league pot.

V. Schedule and Playoffs

- A.** The league will be split into three (3) divisions of four (4) teams each. A 13-game regular season will be played. Teams will be RANDOMLY placed in each division at the draft.
- B.** The first thirteen (13) weeks of the NFL is our regular season; each team will play the other three teams in its division TWICE and seven of the eight teams in the other two divisions ONCE. Each team will play 6-7 “home”

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games and 6-7 “away” games (note – to date our league does not recognize or award any significant special compensation for being a home team). The full season schedule will be randomly determined after the draft and distributed via the website when ready.

C. PLAYOFFS: Weeks 14, 15, and 16 of the NFL will be our *playoff tournament*, with the SFFL Superbowl in week 16. Six (6) teams will qualify for the playoffs:

- ◆ The three (3) conference winners receive automatic bids.
- ◆ The three (3) teams with the best records receive the wildcard bids.
- ◆ The top two teams in the playoffs receive a first-round bye.
- ◆ Conference/playoff rankings are based on the following **Tiebreaker model (in this order)**:
 - (1) Best win-loss record.
 - (2) Head to head competition (most wins)
 - (3) Best conference record.
 - (4) Most points scored during the regular season.
 - (5) Least points allowed during the regular season (team giving up the least points wins).
 - (6) Coin flip.
- ◆ In the first round, the #3 seed plays the #6 seed & #4 plays #5. In the second round, the lowest surviving seed plays the #1 seed, and the other winning team plays the #2 seed.
- ◆ Teams who lose in the playoffs do not play any other games. Their final end of season rankings will be determined by playoff position reached and the tiebreaker model as outlined above.
- ◆ All games during the three weeks of playoffs are subject to the following modified fees: each team will pay \$10 per loss and will earn \$10 for each win.
- ◆ Weeks #14 and #15 in the playoffs are subject to the weekly penalties associated with low power ranking, low efficiency, and “Kick in the Dick”.

D. “SECOND CHANCE” BRACKET: the six teams that do not make the playoff tournament will also participate in their own playoffs to determine final league rankings and potentially earn some cash awards. The setup will be the same as the standard playoff bracket with the following exceptions:

- a) Teams with the #7 and #8 overall records earn a first round bye.
 - b) The two teams who lose in the first round WILL play again in the Toilet Bowl.
- ◆ **Week #17** will feature one game, the “**TOILET BOWL**”, which includes the #11 and #12 ranked teams by finish in the “Second Chance” bracket.
 - a) The winner will receive ½ of the Kick in the Dick funds, or \$75, and finish #11 overall.
 - b) The loser owes the \$10 playoff loss charge and is officially considered the league’s worst team.
 - c) Under the “Russ Fyfe” rule enacted in 2000, the losing team will also be required make the draft board for the following season. Russ or the commissioner will supply paper at the year-end party.
***2007 Commissioner Note – this rule hasn’t been enforced for several years, so during the 2007 season an appropriate “punishment” will be discussed and voted on for this and future seasons.
***2009 Notes – enforced this season but may change in 2010. We’ll review options later.

VI. Financial Contribution & Distribution Summary

Note – per the 1997 request of all league participants, the franchise fee for the Commissioner’s team has been waived. However, all other fees for this team do apply.

A. League Pool Calculation – the following funds go directly into the league pot:

- ◆ Each franchise pays a \$150.00 fee: $\$150.00 \times 11 \text{ Franchises} (+\$75 \text{ for commissioner team}) = \mathbf{\$1725.00}$
- ◆ Weekly losers pay \$10.00: $\$10.00 \times 6 \text{ per week} \times 13 \text{ weeks} + \$110 \text{ for playoff weeks}^* = \mathbf{\$890.00}$
**playoff week losers, second chance bracket losers and Toilet Bowl losers pay \$10 per loss*

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- ◆ **\$75.00 additional** from the Efficiency Ratings & Power Rankings penalties.
- ◆ Player transactions and “Game Day Pickups” are **\$3.00** each. Player trades are **\$3.00** per player, paid by the team who owns the player before the trade.
- ◆ **\$25 additional** for the “VEGA 25” year-end penalty.
- ◆ Optional purchase of 500 Blind Bid Dollars = **\$50 per franchise**.

B. Monetary Distributions

- ◆ *Minimum* total pool, excluding trade/transaction fees, is \$2,085.00 (\$2640 - \$555 for efficiency/rankings, “Second Tier” and 3rd place playoffs, playoff bracket winners and league program costs). This will be distributed as follows:

<u>AWARD</u>	<u>PCT</u>	<u>Minimum Payout</u>
SFFL Superbowl Champion	20%	\$417.00
SFFL Superbowl Runner up	8%	\$166.80
3 rd Place overall in League	4%	\$83.40
Overall total points winner	15%	\$312.75
Runner up total points winner	7.5%	\$156.38
Third Place total points winner	3.5%	\$72.97
1st Place, each Conference	10% ea	\$208.50 ea (\$625.50 total)
Wildcard playoff teams	4% ea	\$83.40 ea (\$250.20 total)
Efficiency Ratings champion	\$100 from league pot before % is determined	
Power Rankings champion	\$100 from league pot before % is determined	
7 th Place overall in League	\$90 total from league pot before % is determined	
8 th Place overall in League	\$45 total from league pot before % is determined	
Toilet Bowl Winner	\$75 total from “Kick in the Dick” funds	

- ◆ Tracking of points scored vs. points against will be kept throughout the season; teams are charged or credited accordingly at \$.25 per point. These funds are separate from the league pool and payout %.
- ◆ Point Totals, Efficiency Ratings and Power Rankings will be paid out according to finish during the 13-game REGULAR SEASON (i.e., playoffs don’t count for these final rankings). However, the penalties for poor performance in these categories as outlined in section **IV H & IV I** are still in effect through week #15.
- ◆ Effective with the 2005 season we have eliminated the lousy *Week #1 15th round draft choice or rookie starters* pool. In its place is the **SFFL Survivor Pool**, which is a mandatory \$10 contribution per team. Starting with the Week #1 results, the team with the lowest score is eliminated from the competition. Each week the “surviving” team with the lowest score is also eliminated. As of Week #12 the pool is over – the last “surviving” team earns \$100 and the second place team earns \$20.
- ◆ Teams will be informed approximately one week in advance of the year-end wrap-up party of monies earned or owed. All additional fees other than the League Entry Fee (which was paid at the beginning of the season) will be paid at the party. The party will be set for sometime after our Superbowl, usually early January to coincide with the NFL playoffs. This will be at a place TBD, and the commissioner will notify everyone of this date. **Distributions will be made only after all fees have been paid to the league.**
- ◆ The league will put forth \$150.00 towards the year-end party (\$75 from the “Kick in the Dick” funds and \$75 from the Efficiency & Power Rankings penalties). Everyone at the party will be responsible for a reasonable share of the remaining costs; this is a league function and *no exceptions will be made*. Typically we will collect an equal amount of \$\$ up front from everyone and then collect/give back any additional funds once the bill is finalized (usually after game 1 of the NFL playoff games that day). A cutoff time/cost of this party will be set on that day by league consensus and commissioner approval.

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VII. SPECIAL RULES, AMENDMENTS AND CLARIFICATIONS

As the season progresses there may be amendments or clarifications added to our official rules handbook. In these events, they will be added to this section and also prominently noted on the website.

**During the season there may be questions regarding rule interpretations. Every effort will be made to resolve all disputes with consideration as to what is the most fair and reasonable for the LEAGUE.
ALL FINAL DECISIONS will be made by the Commissioner.**