

ACTIVITY RULEBOOK

Fantasy Football

All information in this rule book pertains to the facilitation of Fantasy Football contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: General Overview

Build the roster of your dream as you play General Manager of your Fantasy Football team during the 2018 season! Leagues are organized via YAHOO! Services and participants are required to create a free **yahoo.com** account in order to join.

Section 2: Specific Rules

a. Leagues and Divisions

There are four (4) leagues available (North, South, East and West). Ten (10) teams are the maximum number for each league. Participants are permitted to join one (1) league only. There are no divisions in each league, so standings will include all ten (10) teams. All leagues are classified as Open (no Men's, Women's or Co-Rec leagues).

b. Registration Steps

Follow the steps outlined below in order to register for Fantasy Football:

- Sign up for FREE in **IMLeagues**.
- Use the same team name in IMLeagues and Yahoo!
- Once registered in a league in IMLeagues, each participant will receive an email invite from Yahoo! Services, which will be composed by Intramural Sports administration. This email contains information regarding sign-in instructions.
- Visit yahoo.com and [create your FREE account](#).
- **Note:** Any emails or subscriptions you may receive from Yahoo! as part of your account membership can be toggled on/off in account settings. Intramural Sports abstains from supporting any advertising or email services not affiliated with Fantasy Football.
- Find your league and begin your draft preparations!

c. Participants Per Team

Fantasy Football is an individual Intramural activity. Only one (1) participant may be on a team roster in IMLeagues. General Intramural Sports eligibility guidelines must be followed as well.

Individuals are more than welcome to seek advisement from friends, family, and other outside sources. In the event outside advisement is applied to team operations, only the individual registered will receive an award should the person receiving advisement win.

d. Draft

All leagues will draft Friday, September 7th at 1:00 pm central time. Players are permitted to sign in to draft live or set up auto-pick settings. Teams will have 90 seconds to make their selections. If a player has not been drafted in the 90-second window, teams will be assigned the best player available according to the Yahoo! pre-draft player ranking system.

UWL Intramural Sports will not change draft times nor will administration draft teams for any player absent from the draft. Drafting and affiliated strategies are the responsibility of each team.

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Specific Rules (continued)**e. Team Roster Size**

Each team is permitted to compile their rosters based on the following guidelines:

Total Roster Size: 16

Total Starters: 9

Total Bench Players: 6

Total Players Allowed on Injured Reserve: 1

How team rosters are managed is up to each individual participant. Roster requirements are as follows:

- Quarterback (QB): 1 starter
- Wide Receiver (WR): 3 starters
- Running Back (RB): 2 starters
- Tight End (TE): 1 starter
- Flex Position (W/R/T): 1 starter
- Kicker (K): 1 starter
- Defense/Special Teams (DEF): 1 starter
- Bench Personnel (BN): 6 reserves

Note: Rosters must be set by the time each starting player's team kicks off a given week.

f. Scoring

Scoring rules are as-follows:

- Passing
 - Passing Touchdowns = 6 points
 - Interceptions Thrown = -1 point
 - Sack Allowed = -1 point
 - Passing Yards = 1 point for every 25 yards
- Rushing
 - Rushing Touchdowns = 6 points
 - Rushing Yards = 1 point for every 10 yards
- Receiving
 - Receiving Touchdowns = 6 points
 - Receptions = 1 point for every catch
 - Receiving Yards = 1 point for every 10 yards
- Kick and Punt Returning
 - Return Touchdowns = 6 points
- Miscellaneous
 - 2-point Conversions = 2 points
 - Fumbles = -1 point
 - Fumbles Lost = -2 points
 - Offensive Fumble Return TD = 6 points
- Kicking
 - Field Goals (0-19 yards) = 3 points
 - Field Goals (20-29 yards) = 3 points
 - Field Goals (30-39 yards) = 3 points
 - Field Goals (40-49 yards) = 4 points
 - Field Goals (50+ yards) = 5 points
 - Missed Field Goal (0-39 yards) = -1 point
 - PAT Made = 1 point
 - PAT Missed = -1 point

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Scoring (continued)

- Defense and Special Teams
 - Points Allowed (0 points) = 10 points
 - Points Allowed (1-6 points) = 7 points
 - Points Allowed (7-13 points) = 4 points
 - Points Allowed (14-20 points) = 1 point
 - Points Allowed (21-27 points) = 0 points
 - Points Allowed (28-34 points) = -1 point
 - Points Allowed (35+ points) = -4 points
 - Sack = 2 points
 - Interception = 2 points
 - Fumble Recovery = 2 points
 - Touchdown Scored = 6 points
 - Safety = 2 points
 - Blocked Kick = 2 points
 - Kick and Punt Return Touchdowns = 6 points
 - 4th Down Stops = 2 points
 - 3-and-Out Forced = 1 point
 - Extra Point Returned = 2 points

Note: Fractional points are not enforced and negative scoring is allowed. Yahoo! services will automatically tally points as games progress and UWL Intramural administration will not accept scoring protests.

Transactions

Trades are allowed with no limits to the number of trades which can be made. A two-day trade review period will be implemented and administration will approve/deny trades. Most trades agreed to will be accepted. Please look at the league home page for more details on a trade deadline.

Following the draft, all free agent players will be acquired via the waiver wire. Teams can make as many waiver claims as they wish throughout the season. There is a two-day waiver review period and the waiver order is determined based on the order of standings.

Schedules and Standings

Head-to-head matchups will begin with week one of the regular season, with one (1) matchup completed each week. There will be 14 regular season matchups.

Standings will be compiled each week in win-loss format. Points for and points against will also be kept.

Postseason and Awards

The postseason will begin with week 15 of the regular season. No playoffs will commence during the actual postseason tournament.

Six (6) teams in each league will qualify for the postseason.

All other teams in the league failing to qualify for postseason play will still compete in order to determine final league standing.

The winner of each league will win an Intramural Championship T-Shirt and will get their picture posted on the Wall of Champions.

Ties

In the regular season, ties will be broken based on head-to-head results and point differential. Yahoo! scoring services will automatically determine tie-breakers. Protests for tie-breaking procedures are not permitted.

In playoffs, ties will be broken based on best regular season record vs. opponent (head-to-head).