

LAFL Rule Book

Revision 2.2

10/16/2012

Revision History

Revision	Date	Description of Change
2.0	8/25/2009	Major rewrite of original LAFL Rulebook
2.1	9/23/2010	Incorporated 2010 adopted rule changes: Week 15/16 playoffs, replacement of Tight Ends and Rookies
2.2	10/16/2012	Incorporated 2012 adopted rule changes: waiver claim deadline of players involved in Thursday games, rule for applying NFL-approved scoring changes to games already played.

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1.0 LEAGUE STRUCTURE

1.1 Teams and Divisions

The league consists of eighteen (18) teams, consisting of three (3) divisions of six (6) teams each.

1.2 Team Owner

Each team will have a principal owner, which will hold the voting rights for the team.

1.3 Entry Fee

The entry fee for the LAFL is \$100.00 per year per team, payable prior to the draft.

1.4 Commissioner

A league commissioner will be agreed upon by the owners. The Commissioner will have the final decision on all disputed matters with the league.

1.5 Statistician

The Statistician is responsible for publishing the Schedule of Games, handling all weekly Roster Moves (Section 2.1) and Waiver Claims (Section 2.3), publishing the Weekly Starting Lineups for each team, publishing the Weekly Scoring Results for each game, maintaining the Current Standings of the league, and summarizing the league prizes and finances at the end of the season. The entry fee for the current season is waived for the Statistician in lieu of these services to be performed. While the Statistician is ultimately responsible for these duties, he may delegate any of the aforementioned duties to a willing volunteer.

1.6 Rules Committee

The LAFL Rules Committee will be made up of three senior team owners as appointed by the Commissioner. Change in membership of the Rules Committee can only be made by the Commissioner at the start of each LAFL season. The Rules Committee will be responsible for coordinating proposed rule changes and finalizing their wording (Section 7.0), and assisting the Commissioner in resolving league disputes (Section 8.0).

1.7 The Human Drama of Athletic Competition

All teams shall compete to win and field a competitive team on a weekly basis within the structure of the Official League Rules as outlined herein.

2.0 TEAM COMPOSITION

Each team's roster shall consist of the following mix of players. A player is classified into one of these categories based on their primary role on their NFL or other respective team.

- (1) Quarterback
- (2) Running Backs
- (2) Wide Receivers
- (1) Tight End
- (1) Rookie
- (1) Team Kicker
- (1) Supplemental (Can be any position except kicker)
- (3) Reserve Players (Can be any position except kicker)

Note: Any player whose sole position on his NFL Team is kicker must be considered a kicker for the above roster positions (i.e. A rookie kicker cannot be drafted as rookie, only as a kicker - The John Lee Rule).

2.1 Roster Moves

Each team may make unlimited weekly Roster Moves throughout the season. A "Roster Move" is defined as activating any currently inactive player and deactivating another currently active player already on that team's current roster. These moves can be made for the positions of quarterback, running back, wide receiver, supplemental or reserve player. A player of any position can be moved into the quarterback, running back, wide receiver or supplemental roster position. A team may **not** inactivate his tight end or rookie. The Team Kicker position can only be inactivated during a week that a team's kicker is on a bye. In this case, any currently inactive player can be activated to fill the Team Kicker position for a period of one week. In the event a team fails to make its roster moves by the Deadlines as defined in Section 2.1.1, the active roster shall remain the same as the previous week(s).

2.1.1 Roster Move Deadlines

The following paragraphs identify roster move deadlines for typical NFL weeks, where an NFL week is defined as the period of time from the first scheduled game of a calendar week (usually Sunday, but sometimes Thursday) up to and including the last scheduled game of the week (usually Monday night).

- **Weeks containing Thursday games:** Roster Moves involving players in the Thursday games must be submitted 24 hours prior to the commencement of the first Thursday game. All remaining Roster Moves involving players in all remaining games must be submitted 24 hours prior to the commencement of the first Sunday game.
- **All other weeks:** All Roster Moves must be submitted 24 hours prior to the commencement of the first Sunday game.

If any NFL scheduling scenarios arise other than those described above (for example, Saturday afternoon games and games rescheduled due to weather conditions), the Roster Move deadlines for that week will

be set at the discretion of the Statistician, using the “24 hours prior to the first game of the day” rule as a guideline.

2.2 Trades

A team may make trades with other LAFL franchises. When enacting a trade with another LAFL franchise, the player received must go on the team's roster in the same position vacated by the traded player. Players must be traded in equal numbers so that each team involved in the trade ends up with twelve (12) players on their roster. Trades can not involve cash or any other kind of gifts or compensation. Future draft picks can be included in the trade. The Commissioner and the Statistician must be notified of any trade 24 hours prior to the commencement of that week's NFL games. The season's trade deadline is 24 hours prior to the commencement of the 6th week's NFL games. The Commissioner must approve all trades and can disallow a trade if it is contrary to the integrity of the league. If the owners involved in the trade or any other owner disagrees with the Commissioner's decision, that owner can ask that the Rules Committee make a ruling in accordance with Section 8.0. The Commissioner can also defer the approval of a trade to the Rules Committee.

2.3 Waiver Claims

Each team may make five (5) waiver wire claims per season. Any eligible player (Section 2.4) which is not a member of any LAFL team and is not a kicker can be claimed from the waiver wire. In order to claim a player, a current player from the claiming team's roster must be waived. The claimed player will occupy the slot and status of the waived player. The team kicker selected or protected at the draft cannot be waived.

- a) Tight Ends Waiver Claims: A Tight End can be waived and replaced with another Tight End at any point during the season (assuming roster move(s) remain) only if the Tight End sustains a season-ending injury (meaning his NFL team puts him on their season-ending Injured Reserve list).
- b) Rookie Waiver Claims: A Rookie can be waived and replaced with another Rookie at any point during the season (assuming roster move(s) remain) only if the Rookie sustains a season-ending injury (meaning his NFL team puts him on their season-ending Injured Reserve list).

2.3.1 Waiver Claim Period

The current Waiver Claim Period begins immediately following the completion of the previous weeks NFL games and ends 24 hours prior to the commencement of the claimed player's NFL game. Waiver claims for players involved in the Thursday game(s) must be submitted to the Statistician at least 24 hours prior to the start of the Thursday game and all remaining waiver claims must be submitted 24 hours prior to the commencement of the 1st Sunday game. Anyone successful in claiming a Thursday player will be dropped to the bottom of the priority list for any subsequent claims that week. The Statistician will publish the results of the Waiver Claims after the termination of the current Waiver Claim Period and prior to the commencement of that weeks NFL games.

Should two (2) or more teams claim the same player, the Waiver Claim Priority (Section 2.3.2) will dictate which team is awarded the claim. If a team loses a claim to another team with a higher Waiver Claim Priority, the Statistician will attempt to notify the team with the lower priority that another team has claimed that player, so that the team not awarded the player can potentially claim another player; as long as it is still 24 hours prior to the commencement of that weeks NFL games. Alternatively, a team submitting a claim may also submit provisional claims to become effective only if they lose a primary claim. This is the recommended method, as claims can be submitted or withdrawn close to the waiver claim deadline.

Waived players will return to the waiver pool of players and must remain there until the next Waiver Claim Period.

2.3.2 Waiver Claim Priority

During the Regular Season: The team with the worst record (Section 4.5) will have the highest Waiver Claim Priority descending in order to the team with the best record.

During the Playoff Weeks: The Playoff Teams (Section 4.1) will have the highest priority followed by the non-playoff teams; with the #4 seed (Wild Card) Playoff Team having highest priority, and then lowest seeded division winner descending in order to the highest seeded division winner; to be followed at the #5 priority by worst remaining team descending in order to the best remaining team.

Note: Playoff Team priority remains the same for both weeks of the playoffs; i.e. – Playoff Teams are **not** reseeded for the second week of the playoff.

Once a team is awarded a Waiver Claim, that team immediately drops to the lowest priority for additional Waiver Claims during the same Waiver Claim Period. Therefore, if a team submits multiple Waiver Claims during the same Waiver Claim Period, each Waiver Claim submitted should be prioritized by the submitting team.

2.4 Eligible Players

A player can only be drafted or claimed off the waiver wire if that player is a “professional” player. “Professional Player” is defined as a member of a team from the NFL, CFL or any other professional football team. Players who have not yet signed or are in transition to a professional football team are considered “professional”. Free agents, walk-ons, or any college player who has declared his eligibility to be drafted by an NFL team are also eligible players. A player can not be a member of an LAFL team if that player is a member of a college or high school football team (The McHenry Rule).

3.0 SCORING

An LAFL team scores points when a player on its active roster accomplishes one of the following on an NFL team during the current week of NFL play:

- Scores a Touchdown: 6 points
- Passes for a Touchdown: 4 points
- Throws a Pass Interception: -2 (minus two) points
- Scores a 2 Point Conversion: 2 points
- Passes for a 2 Point Conversion: 1 point
- Kicks a Field Goal: 3 points (points awarded to Team Kicker only)
- Kicks an Extra Point: 1 point (point awarded to Team Kicker only)

Bonus Points:

- 100+ yards Rushing 2 points
- 100+ yards Receiving 2 points
- 300+ yard Passing 2 points
- Each 25 yard increment over 100 yards rushing 1 point
- Each 25 yard increment over 100 yards receiving 1 point
- Each 25 yard increment over 300 yards passing 1 point

Player points shall be calculated from an NFL-approved statistics service such as www.quickstats.com.

Any official, NFL-approved change to statistics that affect LAFL scores shall result in an adjustment to the LAFL scoring for that week.

COMPETITION

4.1 Regular Season

The current NFL regular season consists of a 17 week season. The LAFL regular season will be weeks 1 through 14. The Statistician will furnish each team a schedule for the current season prior to the commencement of the LAFL draft.

4.2 Playoff Weeks

LAFL playoff weeks will be conducted in Weeks 15 (Round 1) and 16 (Round 2) of a 17 week NFL season. The format and matchups for Week 17 is at the discretion of the Statistician.

4.3 Playoff Teams

The Playoff Teams will be the first place team from each of the three (3) divisions plus one 'wild card team'. The first place team in each division will be determined using Section 4.5 Best Record approach. The wild card team will be determined by first determining each of the three second place teams in their respective divisions using Section 4.5 Best Record. Once the second place teams for each division have been determined, Section 4.5 Best Record will then be used to determine which of the 3 second place teams becomes the wild card team.

4.4 Playoff Week Opponents

Playoff opponents for both playoff rounds will be determined as described in the following paragraphs. The standings at the end of the Regular Season will determine the seeding of teams for both rounds as defined in Section 4.4.1 and 4.4.2. Seeding will not change after the first round of the playoffs.

4.4.1 Round 1

In the first round of the playoffs the first place team with the best record (Section 4.5) will play the wild card team and the other two (2) first place teams will play each other, unless the first place team with the best record and the wild card team are in the same division. In this case, the first place team with the best record will play the first place team with the worst record and the wild card team will play the first place team with the second best record.

Non-playoff teams will compete against each other with the 5th place team playing the 18th place team, the 6th place team playing the 17th place team, and so on.

4.4.2 Round 2

The second round of the playoffs will be "Championship Week". The winners of the first round playoff games will play for the "Championship" and the losers for third place.

Non-playoff teams will compete against each other with the 5th place team playing the 6th place team, the 7th place team playing the 8th place team and so on.

4.5 Determining Best Record (Tiebreakers)

To determine the best record at the end of the regular season or at any time during the season for use in the waiver wire, the following tie breaking system will be used. Tie breakers are listed in order of precedence:

1. Best Record in head-to-head games between tied teams.
2. Most cumulative points scored during head-to-head games between the tied teams.
3. Most Cumulative points scored overall during the Regular Season.
4. Best record against common opponents.
5. Best record within their division.

5.0 DRAFTING

5.1 Draft Day

Draft day will be held at 7:00 PM on the Thursday prior to the opening week of the NFL regular season.

5.2 Draft Order

The draft order will be determined as follows:

- (1) The teams playing for 1st, 2nd, 3rd and 4th places during the previous season's playoff will be the final four teams to draft in the current year, with the champion drafting last, the 2nd place finisher drafting 2nd last and so on.
- (2) All other drafting positions will be determined by the final standings after the LAFL Regular Season from the previous season, considering the whole LAFL with no segregation by divisions. In other words, a team finishing 4th in one division may end drafting before the 5th place team of another division depending on their respective records.
- (3) The order of drafting established for Round 1 will be maintained for all subsequent rounds.

5.3 Protecting Players

Each team must protect two (2) players from their previous year's roster prior to the current year's draft, to be retained on their current year's roster. Protected player's must be announced prior to the draft and in order by team draft order. Each protected players position must be designated at this time.

5.4 Draft Rounds

There will be seven (7) rounds for the draft to fill the teams active roster for the upcoming season. Upon completion of these seven (7) rounds, there will be three (3) "reserve" rounds in which the team will select their reserves.

5.5 Draft Time

Each team will be allowed three (3) minutes to make a selection in the first round, two (2) minutes in rounds two (2) through seven (7) and one (1) minute in the final three (3) rounds. Any team which exceeds this time period will forfeit his turn for the round and pick a player prior to the commencement of the reserve rounds in order to fulfill his active roster requirements. This rule will be enforced at the discretion of the Commissioner.

5.6 Substitutes

In the event an owner is unable to attend the draft, a representative appointed by the owner may attend in his place. Alternatively, an owner can participate in the draft via cell phone or other communication device provided the owner procures an individual to assist at the draft (which could be another team owner). However, no team may have another LAFL owner completely draft for him in his absence.

5.7 Trading Draft Picks

Trading of draft picks for other players and/or draft picks is allowed. Before the draft begins, draft picks must be traded one for one, even if players are involved. Each team at the start of the draft must have seven (7) draft picks in the “active roster” part of the draft and three (3) draft picks in the “reserve rounds”. Each team does not have to have one and only one draft pick in every round. Multiple draft picks per round is allowed. Example, a player can not be traded just for a draft pick. The trade should include a player and a lower round draft pick, for a higher draft pick from the other team giving each team two (2) picks in one (1) round and zero (0) picks in another round. After the draft begins, players can be traded for a draft picks without another draft pick being included in the deal as long as each team traded one for one, player for player, draft pick for draft pick, or player for draft pick, so that both teams will end up with all roster spots filled at the end of the draft.

5.8 Drafting Cut or Already Drafted Players

If an LAFL team drafts a player that has already been drafted by another LAFL team, that LAFL team may immediately draft another player as long as the Draft Time (Section 5.5) has not expired. If an LAFL team drafts a player that has been cut or waived from their NFL team, that player becomes a member of the LAFL team. The LAFL team can only replace that player through the Waiver Wire (Section 2.3) or Trades (Section 2.2).

6.0 LEAGUE FUNDS

6.1 Collection and Maintenance

League funds will be collected on draft day and held by the Commissioner, Statistician or approved league representative and will be held until Super Bowl Sunday with the exception of expenses occurred by the league such as costs incurred by the Statistician to provide each team with the weekly LAFL standings and statistics.

6.2 Prize Money

Money will be distributed by the conclusion of the NFL season (typically Super Bowl Sunday) as follows:

- (1) Each week during the LAFL Regular Season (Weeks 1 through 14 + Week 17), opposing teams play head-to-head games, with the loser paying \$3.00 to the winner and \$1.00 into a league fund for total of \$4.00 per week. These funds will be accumulated throughout the season by the Statistician and money owed must be paid to the Commissioner or Statistician prior to the completion of the NFL season, typically Super Bowl Sunday.
- (2) During the first round of the LAFL playoffs, non-playoff teams will play head-to-head for \$4.00 as described in Section 4.4.1.
- (3) During the second round (championship week) of the LAFL playoffs, non-playoff teams will play head-to-head with the winner receiving \$20.00 from league funds. (The loser does not have to pay \$20.00 to the winner.)
- (4) \$20.00 per week to the team with the most points scored each week.
- (5) \$50.00 to the team scoring the most points in a single game during the entire season. This includes LAFL playoff weeks.
- (6) \$20.00 to the team scoring the most cumulative points throughout the entire LAFL season including the LAFL playoff weeks.
- (7) \$6.00 to the team scoring the least cumulative points throughout the entire LAFL season including the LAFL playoff weeks.
- (8) \$10.00 to the team for each player placed on the All-Cho Team which is determined by the most points scored in each category (including reserve) throughout the entire LAFL season including playoff weeks, except running back and wide receiver where two (2) players will be named.
- (9) \$75.00 to the team finishing 4th place overall.
- (10) Remaining funds are distributed as follows:
 - 50% of remaining funds for the league champion.
 - 30% of remaining funds for 2nd place.
 - 20% of remaining funds for 3rd place.

7.0 RULES CHANGES

- (1) Rule changes may be proposed and voted upon by the LAFL principal owners shortly before, during, or shortly after the LAFL season; during the period of August 1 through January 31.
- (2) A proposed rule change will be presented to the Rules Committee by the sponsor of the rule change. The Rules Committee will review the proposed rule change to ensure it is reasonable, worded clearly, is not in direct conflict with any other existing rule, and has not been proposed and rejected within the last 3 years (Section 7.0 (6)). If deemed appropriate by the Rules Committee, it will then be presented to the owners to discuss the merits of the proposed rule change. The Rules Committee will be responsible for coordinating (and controlling) this discussion and will create the final wording of the proposed rule change, if wording changes are suggested by the owners during the discussion. The final proposed rule change will then be presented to the owners for a vote.
- (3) A principal owner can vote for, vote against, or abstain from a vote for a rule change. (No substitutes for principal owners are allowed.)
- (4) **13 of 18 affirmative votes will be needed to pass a rule change.** In the event of the expansion or contraction in the number of LAFL teams, 70% or more affirmative votes will be required to effect a rule change.
- (5) If the proposed rule change is passed, it will be added to this document "LAFL Official Rules". If passed prior to the start of the current season, the rule change will become effective for the current season. If passed during or after the current season, the rule change will become effective for the next season. No rule changes can be made effective for the current LAFL season once the LAFL season begins.
- (6) If the proposed rule change is defeated, it cannot be resubmitted for reconsideration for a period of 3 years.

8.0 LEAGUE DISPUTES

When a dispute is raised, the commissioner will review the applicable LAFL rule(s). If the rules are specific enough to resolve the dispute, the Commissioner will do so. If there is any ambiguity in the language of the rules or if the Commissioner is involved in the dispute, the dispute will be submitted to the Rules Committee for final disposition. The Rules Committee will then resolve the dispute by a 2/3 majority vote. If for some reason, one or more of the Rules Committee members abstains or does not vote because of a conflict of interest (they are directly involved in the dispute) and a third vote is required, the prior year's LAFL champion will cast the tie-breaking vote. In all cases, the specific wording of the rules as they currently read will be the guide for the resolution of all disputes. All rulings are final.

9.0 CHANGE IN OWNERSHIP

- (1) Any Team Owner that decides to drop out of the league must immediately notify the Commissioner of their decision. The team will be awarded to the first person on the Commissioner's waiting list, if one exists. Otherwise, the Commissioner or any other Principal Owner may nominate a new Team Owner.
- (2) New Team Owners must be approved by a majority vote of the Principal Owners, and must be given a copy of these "LAFL Official Rules".
- (3) New Team Owners must protect two (2) players from the roster of the team which they took over, and will draft in the position for each round held by the team which they took over.

10.0 EXPANSION TEAMS

10.1 Pre-Draft Player Protection

Expansion teams may select two (2) players from the unprotected players from the previous year's LAFL rosters prior to the commencement of the current year's draft. Such selections will take place after the selection of players outlined in Section 5.3 above. If there is more than one expansion team, a coin-flip or some other random technique will determine the order in which expansion teams select unprotected players. A "snake draft" system of selecting unprotected players will be used by the expansion teams, where the draft order is reversed so that the team who made the last pick in the first round gets the first pick in the second round.

10.2 Draft Order with Expansion Teams

Expansion team insertion into the regular draft order will be determined by a random draw, or "hat pick" of numbers ranging from 1 to the maximum number of draft positions. The team currently holding that position and all subsequent teams will be shifted down one position. For example, the number "5" is drawn in the hat pick for Expansion Team #1. Expansion Team #1 will draft 5th, and the team that was previously drafting 5th will now pick 6th, the 6th team will pick 7th, and so on.