1. The ACFL draft will be conducted on Wednesday, Sept 4th, at 6:00 PM ONLINE on rtsports.com.
2. The entry fee is $100.00 per franchise and is non-refundable and must be paid by Sep 11th, 2024 in order to participate in the 2024 season.
3. Rules and draft order will be discussed before the draft. One pick per team. Owners that cannot attend can designate the commissioner to choose on their team’s behalf.
4. Due to Covid, we will be using a random draft order generator to select team draft order:

<https://www.rotowire.com/draft-order-generator/>

The first time will be to determine divisions. The order generator will randomly place the teams in positions 1 thru 12; Teams 1-4 will be in The East; 5-8 West, and 9-12 Central. The team names in the division order will then be entered into the draft order generator to determine final Draft Order.

1. The league will consist of twelve franchises and each franchise must have an official name.
2. The ARM CHAIR FOOTBALL LEAGUE will reside on Real Time Sports (RTSports.com).
3. The first selection on Sept 4th, 2024 will be made no later than 6:20 PM!!!
4. Draft order will be in serpentine order, meaning if a franchise has the first selection in round one, then they will select twelfth (twenty-fourth overall) in round two and so on.
5. There will be twelve rounds of player selections.
6. If you trade one pick for two you get the other franchises last round pick.
7. Each franchise will be given two minutes to make each selection.
8. If the owner is absent or late and misses any rounds, he automatically loses those selections and continues the draft at his team’s next available pick. The owner may select whatever rounds he missed at the end of the whole selection process.
9. If an owner fails to show, they will be able to select free agents by phone or e-mail to complete their roster.
10. Franchises may be owned by more than one person, but you cannot be involved in two or more franchises within this league.
11. Each owner must provide a mailing address and telephone number so league members may contact them. Optional E-Mail address if applicable. NO WORK EMAILS!
12. Owners are discouraged from assisting other owners during the course of the draft. Any cooperation and/or agreement of selected players between two teams during or before the draft could be considered collusion and could result in expulsion from the league.
13. Each franchise is responsible for bringing their own draft materials. Commissioner will supply draft sheet containing selection order and copy of league rules.

1. Rosters will consist of twelve players at the following positions: Quarterback (QB), Running Back (RB), Receiver (WR) (Tight End is considered a receiver), Kicker (K), and Defensive Unit (DEF).
2. When drafting a QB or a Kicker, you will actually select the entire NFL team’s QB or Kicker. If the starter is hurt, you will also get the backup’s stats by result of combining the efforts of all involved players for those respective positions.
3. When drafting a DEF, you will select an entire NFL team and you will get points based on the entire defensive performance for that week.
4. There will be a one-time exemption allowed for Team Kicker and Team Defense. When a team’s K/DEF has a bye, teams will be allowed to bid on a K/DEF to fill in that week and won’t be required to drop their regular K/DEF. All existing Free Agent bidding rules apply (including cost!), but you must contact the commissioner when placing your bid when using your K/DEF exemption. Once the bye week is over, the substitute K/DEF will be removed from your roster and placed back into the Free Agent pool.
5. A player cannot be drafted by more than one franchise.
6. Each franchise will play 14 head-to-head games during the regular season.
7. Starting lineups must consist of one QB, one K, one DEF, two RBs, two WRs, and one flex player (either a RB or a WR). (Eight players total per week)
8. Starting lineups or changes to a previously submitted lineup must be submitted online 5 minutes before kickoff of a particular player’s game. If you fail to submit your lineup, you will automatically start your previous week’s lineup. Our website will allow you to change your lineup up until 5 minutes before kickoff.
9. The trading deadline for starting a traded player for that week is 6:00 PM Saturday. No trading from 6:01 Saturday evening until the following Monday, at Midnight. (Thursday games: No trading from 4:00 pm until Midnight on that Thursday.)
10. League Treasurer (Glenn Saito - Banzais) is responsible for handling all ACFL funds. This includes receiving entry fees, the agent’s funds, writing checks for league expenses, updating the commissioner on impound balances and providing the updated amount in the league account.
11. During the regular season, a franchise may bid on free agents on Tuesdays, Wednesdays, and Thursdays from 6 am to 8 pm. For NFL games scheduled on Thursday, the bidding time is 6:00 am to 5:00 pm.
12. Free agent bids will be made online with RealTimeSports (RTSports.com) using the CLAIMS option. Team’s free agent bids must include the following info: Player being bid upon, player to be dropped from roster if player is acquired and bid amount. (example: Add: Player A, Drop: Player B, Amount: $15.00).
13. Bidding on free agents are subject to a minimum bid of $5.00 with no cap on an individual bid. Bids above the $5.00 minimum must be in increments of .25 cents.
14. There will be a league maximum of 2 players being bid on by any one franchise per day.
15. In the case of a monetary bidding tie, the team with the worst record will win the bid. If the teams have the same record, the team with the fewest points wins the bid. If they are still tied, a coin flip will determine who gets the player.
16. In the case of a player bidding tie where a team does not post a valid free agent bid (See Rules 28-30), the team with the valid bid will be rewarded the player, regardless of the amounts bid for the free agent in question. If more than two teams place a valid bid on the free agent, the normal free agent bidding rules still apply.
17. Transactions will be finalized daily and will NOT carry over to the next day.
18. Now that the league is online (RTSPORTS.COM), free agents are available on a first come, first served basis immediately after the draft and before the first game of the NFL regular season. $5.00 minimum bid will be charged during this timeframe. Once the regular season begins, existing free agent rules will apply.
19. All franchise owners, the Commissioner and Vice-Commissioners are expected to adhere to the league confidentiality agreement regarding free agent bids. Meaning no bid for a free agent still on the table can be divulged to another franchise owner.
20. All franchises must have funds in excess of their entry fee in order to bid on free agents. Funds to cover each bid must be deposited to the franchise’s impound account prior to making a bid. A league officer will verify all funds.
21. It is each owner’s responsibility to verify funds with league treasurer or commissioner. If you are not sure then don’t make the request.
22. Commissioner will post all free agent bids on the website home page to notify them of the daily free agent bidding outcome.
23. Released players are available for free agent claims immediately upon release.
24. Franchises eliminated from the playoffs are not permitted to trade or purge their players. If attempted, players will be returned to roster and owner may be removed from the league.
25. There are no conditional trades for players. (i.e. no cash for players, favors, buying drinks, wife-swapping, work promotions, etc.)
26. The league will be divided into 3 divisions (East, West, & Central). For the playoffs, the wild card teams will be determined by the best overall record (the three division champions and five wild cards will make the playoffs).
27. Tie breaker for all playoff spots is best record, followed by overall points, then head to head wins and then conference records.
28. Playoffs will be conducted during weeks 15, 16, & 17 of the NFL regular season.
29. The division winner with the best overall record (#1 seed) will play the wild card team with the worst record, the #8 seed. The second division champion (#2 seed) will play the #7 seed, and the third division champ (#3 seed) will play the #6 seed, and the #4 seed will play the #5 seed. Playoff matchups will be bracketed by seeding and there will be no reseeding in the 2nd round.
30. Tie breakers for playoffs only: when you call in your playoff lineup, you will also designate, in order, the remaining four roster players as tie breakers. We will look at each team’s tie breaker designee, in order given, and whomever scored more points will be the winner.
31. Playoff Payoffs\* will be as follows:

4 First round losers ---- $50

2 Round two losers 10% 20% of the pot

#### 1 Second Place 25% 25% of the pot

1 First Place 55% 55% of the pot

100% Payout

(\*All playoff percentages based on Total Pot minus all bonuses, leagues fees, etc.)

1. Division Champions will each receive a $50.00 bonus.
2. Team with most overall points at end of season will receive a $50.00 bonus.
3. Commissioner will keep all official stats, transactions, and updates online at RTSPORTS.COM. If you are involved in a trade, each party must notify the commissioner so the transaction can be recorded. If both parties do not notify the commissioner, the trade has not occurred.
4. The 2024 ACFL season begins when the draft begins on September 4, 2024.
5. ACFL rules can only be revised during the off-season.
6. NOTE: Any disputes are to be brought to the attention of the Commissioner and/or Vice-Commissioners and will be resolved by a majority vote of league owners, not including the owners involved in the dispute.

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| OFFENSE  Touchdown (6)  Every 20 yds rushing/receiving (1)  Every 50 yds passing (1)  Reception (1)  2 Pt Conversion (2)  Player returns punt/kickoff for TD (6) | FIELD GOALS  0-39 yds (3)  40-49 yds (4)  50-55 yds (5)  56+ yds (6)  Extra Point (1) |
| BONUS  QB Passes for 300 yds (3)  QB Passes for 350 yds (4)  QB Passes for 400 yds (5)  Player has 10+ receptions (5)   Player rushes/receives 100+ yds (3) Player rushes/receives 150+ yds (4)  Player rushes/receives 200+ yds (5)  Player/Defense (non-QB) scores 3+ TD (5)  QB scores 4+ TD (5) | DEFENSE Touchdown (6)  Interception (2)  Fumble Recovery (2)  Safety (2)  Sack (1) Pass Yards Allowed Less Than 150 (5) Rush Yards Allowed Less Than 100 (5)  Shutout (10)  Holds opponent to 2 to 3 points (5)  Holds opponent to 4 to 7 points (3)  Punt or kickoff returned for TD (6) |