

The Basics of Fantasy Football

I started playing CFL Fantasy Football back in 1989. It was a small three team league playing in a head to head format that first year, we played by traditional fantasy rules unlike the rotisserie version that many NFL Fantasy leagues work with these days. Our league lasted eight seasons during which I was the only team owner that stayed for every year.

Rosters were pretty standard with a Canadian flare of a second slotback/tight end. The active roster consisted of a quarterback, two running backs, four receivers and a kicker. We also carried a four player taxi squad and allowed for a player to be placed on the injured reserve although the week after they were activated in the CFL, the FFL team had to also move them to their roster or lose them. From year to year teams were allowed to protect seven players. My Kreamers lived and died by the the arm of Matt Dunigan and foot of Paul Osbaldiston. Those were great seasons!

Let's go back and see where to start from. There are two versions to the beloved game of Fantasy Football, traditional method that takes scoring plays and translates them into scoring for your own team and the Rotisserie method that was first made popular with baseball stat geeks.

Version One – The traditions

To making it overly simple this method is to pick the players that put the ball in the endzone. If a team has a pair of running backs, one that averages 100 yards a game and another that averages 5 yards a game but is the one that gets the ball when they reach the 1 yard line. The second back is going to be the one you want.

In this form of the game going for 6 points is worth 6 points. Going with an Avon Coburne is a key with his 15 total touchdowns last year. Your kickers become more valuable when they also punt because every rouge counts!

Version Two – Rotisserie

This form has some added benefits for the guys that do the heavy lifting. It isn't just the endzone that matters for these leagues. That back that carries the ball for 100 yards a game becomes an added bonus and picks up however many points your league has agreed upon. For some a 100 yard game is worth 10 points, a 5 catch game worth 5 points and a 10 carry game worth 5 points. In those leagues a back like DeAndra Cobb becomes more valuable than his 5 rushing touchdowns might suggest. In 2009 Cobb had 3 games over 100 yards and 11 games with over 10 carries plus 2 games over 20 carries. He also added 3 receiving touchdowns and 5 games with at least 5 catches. That would make him a 178 point player in a Rotisserie league compared to a 48 point player in a traditional league.

So now that you've got a foundation to build on let's move to the next step. Building your roster! Keep tabs on the Ridley Scouting Website as we discuss players and trends through the next few weeks.