



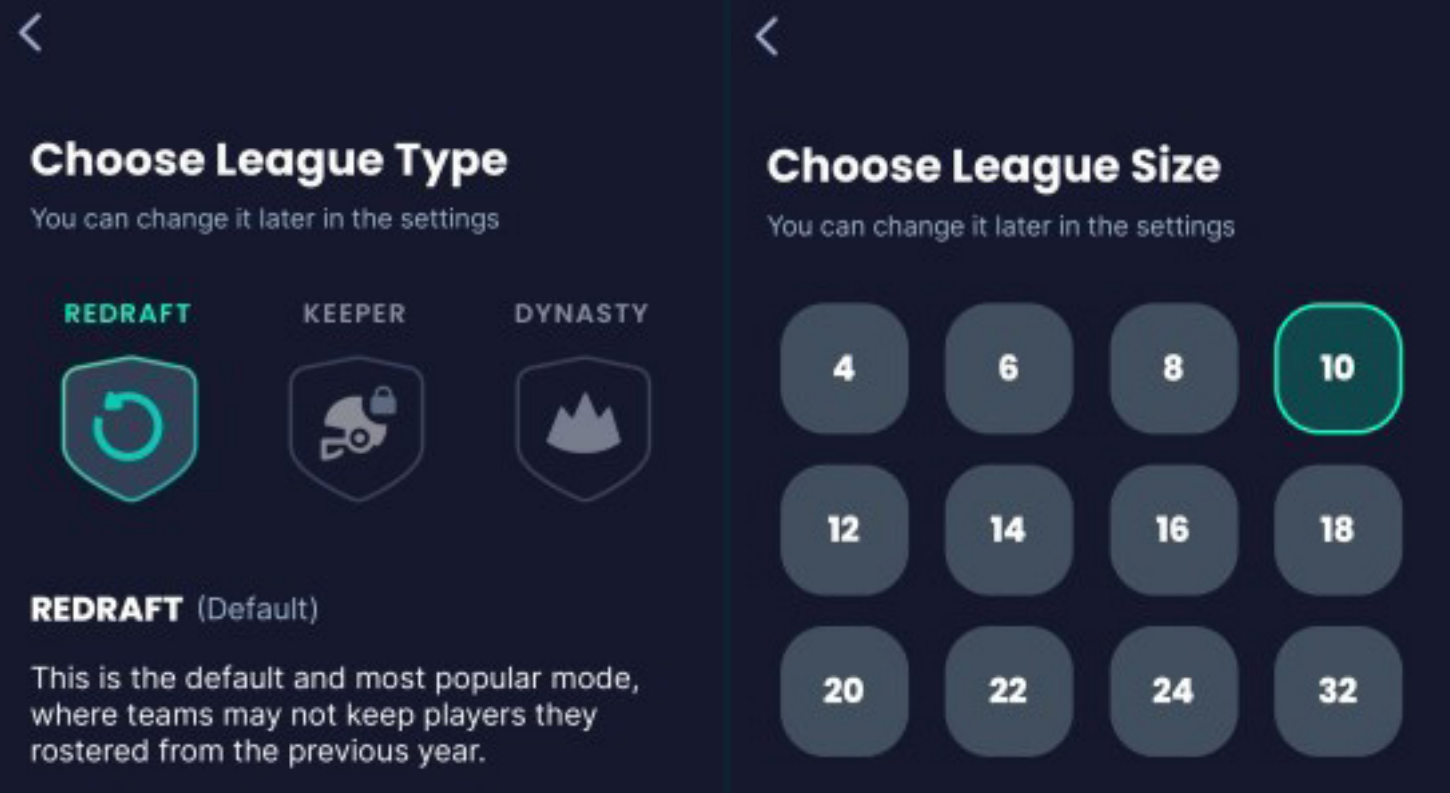
How to setup a Sleeper Fantasy Football League

What is Fantasy Football?

Fantasy Football is an online game that allows you to draft players onto your team, which you manage throughout the NFL regular season while competing against your friends and family. Players score points based on their performance. If you've had some experience with fantasy football already, you might want to create and be the commissioner of your own fantasy league. However, it can often be difficult to figure out how to set up a league due to the variety of league types and scoring formats.

What is Sleeper?

Sleeper is one of the most commonly used fantasy football sites, as it gives a large amount of freedom to modify every part of a league, from draft settings, league type and format, roster settings, and scoring, which can all be changed to create your own unique league. It also provides a variety of commissioner controls and capabilities that can give you tons of control over every aspect of your league. Though it has a website version, most people use the mobile app, which can be downloaded on almost any platform.



First Steps

Two of the first things you need to decide when setting up your league is the size and type of league you want. Most leagues typically have 10 or 12 teams, but Sleeper supports leagues from 4 people all the way up to 32 teams! The three main types of fantasy leagues are dynasty, redraft, and keeper. Redraft, the most popular league type, has owners draft new teams every season. In Dynasty owners keep their draft teams from season to season, drafting incoming rookies every offseason. Keeper is a blend of dynasty and redraft; owners choose to keep a certain number of players on their team in a new season and then draft the rest of their team.

League Format and Scoring

League Format can drastically affect player value and who owners draft. Sleeper supports Best Ball and Classic; Classic is the traditional format where owners choose who to start and sit every week before games. In Best Ball owners do not pick who to start and sit every week, instead, the players on your team with the highest score are automatically started. Although most leagues use traditional scoring formats, like PPR, Half-PPR or Standard, Sleeper allows you to create custom scoring formats, as you can customize the values of how many points are rewarded or subtracted for certain plays and even add scoring benefits or drawbacks for plays that usually do not affect scoring.

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Scoring Settings

PASSING

RUSHING

RECEIVING

KICKING

PASSING

Passing Yards ?25 yards1 point every 25 yards (+0.04 per yard)

Passing TD ?4

Passing 1st Down ?

2-Pt Conversion ?2

Pass Intercepted (-) ?-1

Pick 6 Thrown (-) ?

Pass Completed ?

Incomplete Pass (-) ?

Pass Attempts ?

QB Sacked (-) ?

Draft Settings

The two draft formats Sleeper supports are Auction and Snake drafts. Snake drafts are the traditional format where over multiple rounds, owners select players based on their draft position, which can be randomized or selected by the commissioner. The order alternates per round, so in a 10-man league if you have the first pick in round 1 you then pick 10th in the second round and the owner with the 10th pick in the first round picks 1st in the second round. In Auction drafts, owners have a set amount of money and budget to bid on players and can bid for every player, and the owner with the

highest bid takes the player. Sleeper also offers linear drafts but that is usually just for dynasty leagues.

Roster Settings

Another major setting that can be changed when creating a league is modifying the number of players that are required to be started at each position, which can have a major impact on the value of certain positions when drafting a team. The most common roster settings are Superflex/2QB or 1QB, but Sleeper allows you to change the number of players required for each position to any number you want for your league.

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Roster Settings

ROSTER SPOTS: 15

Quarterback (QB)

1

Running Back (RB)

2

Wide Receiver (WR)

2

Tight End (TE)

1

Flex (W/R/T)

2

Flex (W/R)

0

Flex (W/T)

0

Super Flex (Q/W/R/T)

0

Kicker (K)

1

Defense (DEF)

1

BN

5

Miscellaneous Settings

Sleeper has a variety of other settings and tools that commissioners can use to modify and customize their leagues to create insanely unique league types and formats. Many of these are niche and minor but can add a ton of flavor to your league. Don't be afraid to experiment with these settings though as you can always fine tune them to create your perfect league!