

Fantasy Football Scoring for Dummies

1. Know how to read your weekly scoring sheet.

- Bye Week = The week your player does not play. Their score will be 0 that week.
- POS = The position of each player
- TTL TD = The total number of touchdowns for the week
- Pass Yds = Passing Yards
- Rush Yds = Rushing Yards
- REC = The number of receptions
- Rec Yds = Receiving Yards
- INT = Interceptions
- FUMML = Fumbles
- W = Total weekly score
- FGM = Field Goals Made
- XPM = Extra Points Made
- PA = Points allowed
- I&FR = Interceptions and Fumbles Recovered
- SACK = Sacks

1. Go to the official website for statistics.

- **ESPN.com**
- Choose **Fantasy**, then **Football**, then **Scoring Leaders**
- **Change the week** to the one you wish to score.

2. Find your player (QB, RB, WR, TE).

- You can search by last name or by team or by position. I find searching by team to be the easiest.

3. Determine each player's weekly score (QB, RB, WR, TE).

- For TTL TD, **check all 4 TD columns**. Multiply TDs by 6.
- Passing Yards: 1 point every time a multiple of 25 is crossed. For example, 258 yards would be 10 points.
- Rushing and Receiving Yards: 1 point every time a multiple of 10 is crossed. For example, 46 yards would be 4 points.
- REC: 1 point for each reception
- INT: Subtract 4 points for each interception
- FUMML: Subtract 3 points for each fumble
- W: Add all points to determine weekly score

4. Determine your kicker's score.

- Find your kicker and click on his name.
- Once you click on him the pop-up will show you the FGM and XPM stats.
- FGM: 3 points for each field goal made
- XPM: 1 point for each extra point made
- W: Add all points to determine your weekly score

5. Determine your defense's score.

- Find your defense/special team's team.
- Click on the team name.
- Once you click on the team the pop-up will show you the stats.
- PA: Use the PA number and the formula to determine to points for your defense.
- I + FR: 3 points each for interceptions and fumbles recovered
- TD: 6 points for TDs
- Click on **MORE STATS**
- SCK: 1 point for each sack
- W: Add all points (do not add in the number under PA) to determine your weekly score

6. Determine your coach's score.

- Choose the team for your coach.
- Determine if the team won or lost this weekend and by how many points.
- Use the formula to determine your coach's weekly score.

6. Determine your score for the week.

- Use the table at the bottom and fill in your top scores.
- Your total score consists of only your top players:
 - 1 QB
 - 2 RBs
 - 2 WRs
 - 1 TE
 - 1 K
 - 1 D/ST
 - 1 C

Good luck this season!