

2025 NFL Promotion / Relegation League

Basics

- Contest starts on Thursday, September 4th
- Pick the winner of every NFL game (straight up, no spreads)
- Rank each pick from most confident to least confident (**most confident = most points**)
- Win points based on how high you ranked teams (if you rank Chicago 6 and they win, you win 6 points). **Higher point values = more points per win**
 - If an NFL game ends in a tie, neither team will earn points (neither team won)
- Battle against all other players each week - NOT head to head. Standings based on overall points percentage
 - Missed picks policy on page 2
- \$200 entry fee (\$150 paid out at year end, \$50 to the next year's top division)

Structure & Schedule

- Pool takes place from Week 1 - Week 17 of the NFL regular season (no playoffs, no week 18)
- In year 1, all players will be together in one league. At the end of year 1, the top half of the league will be promoted to the top division, while the bottom half will remain in the lower division
- At the end of each subsequent year, the top 3 players from the lower division will be promoted up to the top division, while the bottom 3 players from the top division will be relegated to the lower division
- Any new players who join after the first year will begin in the lower division. If a player from the top division quits and then comes back in a subsequent year, they will need to start from the lower division
- If a player from the top division quits, the highest non-promoted player from the lower division in the prior year will be promoted to fill the open spot

Prizes (TBD - currently based on 12 players)

- Year 1
 - \$900 to the league winner
 - \$400 to second place
 - \$300 to third place
 - \$200 to fourth place
 - \$600 held for year 2 top division
- Year 2
 - Top Division:
 - \$1,000 top prize
 - \$400 second place
 - \$100 third place
 - Lower Division:
 - \$600 top prize
 - \$300 second place

- \$600 held for year 3 top division

Submitting Picks

- Picks are automatically mirrored to the main NFL league, submission on the SGA website through the “NFL pick submission” page
- Final deadline to submit picks each week is Sunday morning at Noon Eastern (1 hour before game kick)
 - For early games (Thursday night), the individual game will lock at the time of kickoff
- See “additional rules” below for more info on missed picks

Additional Rules

Missed Picks

- Anyone who misses a pick will be penalized as little as possible while still being penalized equally or more than all other opponents
- For example, if you forget to pick Thursday Night Football: if everyone else in the league picks the game correctly, you would lose 1 point (smallest possible impact). If anyone else in the league loses, you would lose the same amount of points as the person who lost the most.
- The goal is to ensure no one can benefit by not picking a game

End of Season Tiebreakers

- 1) Overall win percentage (if both players have 3 points, but one went 2-1 and one went 1-2 to earn those points, the player who went 2-1 wins)
- 2) Top 5 Picks Results (not paid out as a side game)
- 3) Lock of the Week Results (not paid out as a side game)
- 4) Upset of the Week Results (not paid out as a side game)
- 5) Monday Night Football Total Points