

2026 NFL Promotion / Relegation League

Basics

- Contest starts on WEDNESDAY, September 9th
- 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)
- Two divisions based on prior year standings
 - Top division is 6 players
 - Bottom division is 10 players
- At the end of each year, the top 3 players from the lower division will be promoted up to the top division, while the bottom 5 players from the top division will be relegated to the lower division
 - In future years this will be the bottom 4 / top 4 to keep 2 divisions of 8 people each assuming the league size remains at 16
- 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

- Top Division (6 players) - \$900 current year + \$600 carryover from year 1
 - \$1,000 to the league winner
 - \$300 to second place
 - \$200 to third place
 - *\$300 held for next year's top division*
- Bottom Division (10 players) - \$1,500 current year
 - \$800 to the league winner
 - \$400 to second place
 - \$200 to third place
 - \$100 to fourth place
 - *\$500 held for next year's top division*

Submitting Picks

- Picks are automatically mirrored to the main NFL league, submission on the SGA website through the “NFL pick submission” page. You will not have to submit a 2nd time
- 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