

The 40 Commandments for BPFL

Thou Shalt not take thy commissioner's name in vain - unless, of course, you have a really solid joke.

Thou Shalt be a person of Integrity.

Thou Shalt lose with dignity.

Thou Shalt not collude, cheat, or disrespect thy fantasy gods.

Thou Shalt not play If thou can't pay.

Thou Shalt play out the season.

Thou Shalt know thy scoring and league settings.

Thou Shalt clear your schedule for the draft.

Thou Shalt prepare and then prepare some more.

Thou Shalt pick your people wisely.

Thou Shalt not screw up at the draft.

Thou Shalt not draft a kicker first.

Thou Shalt not draft a defense first.

Thou Shalt resist the temptation to draft as a homer.

Thou Shalt temper expectations with rookies.

Thou Shalt resist the temptation to follow trends.

Thou Shalt never get married ... to a draft strategy.

Thou Shalt not fall in love with last year's stats.

Thou Shalt not reveal potential picks or trades to anyone.

Thou Shalt not overvalue injured players.

Thou Shalt trade carefully during the offseason.

Thou Shalt not infringe upon trades (besides collusion).

Thou Shalt respond to trade offers.

Thou Shalt take no for an answer.

Thou Shalt not take trades (or lack of trade) personal.

Thou Shalt not tilt trade after week 1.

Thou Shalt counter trade offers to get a sweetener.

Thou Shalt not idolize players - only prices.

Thou shalt set your lineup every week.

Thou Shalt always check dropped players.

Thou Shalt be on Twitter, where all news breaks first.

Thou Shalt remember the waiver wire day, to keep it holy.

Thou Shalt not forget about the bye weeks.

Thou Shalt not claim a player if you don't know who he is.

Thou Shalt be honest when evaluating thy roster.

Thou Shalt treat players like stocks and leave emotions at the door.

Thou Shalt not blindly trust coach speak.

Thou Shalt not change the rules midseason.

Thou Shalt embrace technology.

Thou Shalt have fun, of course, but not lose sight of the prize.

