

DYNASTY TRADEMAKER RESEARCH

WHAT IT TAKES TO WIN

An analysis of 6,976 dynasty league championship rosters from the 2025 Sleeper season

6,324 Superflex · 652 1QB · 2025 Season Edition

dynastytrademaker.com · Generated August 20, 2026

KEY FINDINGS

60,635

AVG ROSTER VALUE

36.5%

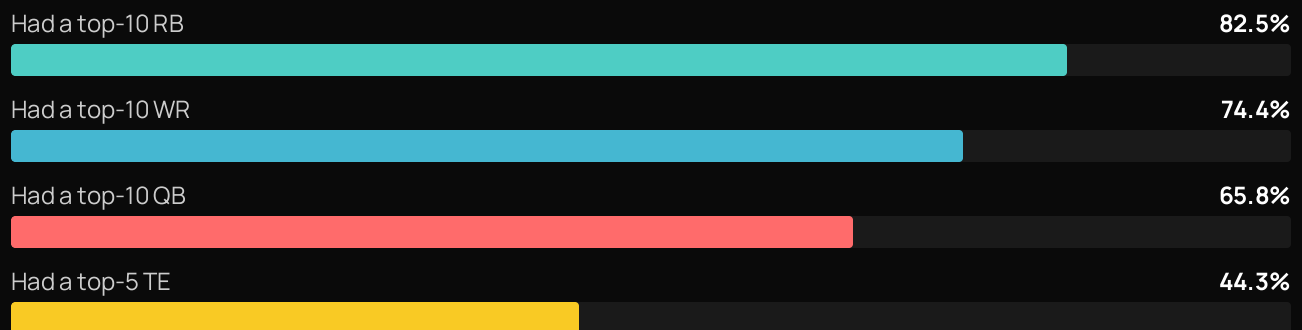
TOP-3 CONCENTRATION
of total roster value

27.4

AVG ROSTER AGE
years

2.7

TOP-30 WRS
per champion



The most striking finding: **82.5% of champions had a top-10 dynasty running back** on their roster. Wide receiver depth matters too — champions averaged 2.7 WRs ranked in the top 30.

HOW CHAMPIONS ALLOCATE ROSTER VALUE

Championship rosters allocated value heavily toward WR (35.0%) and RB (30.2%), with QB at 22.5% and TE at 12.3%.

SUPERFLEX VS 1QB

Position

SF

1QB

WR		35.0%
RB		30.2%
QB		22.5%
TE		12.3%

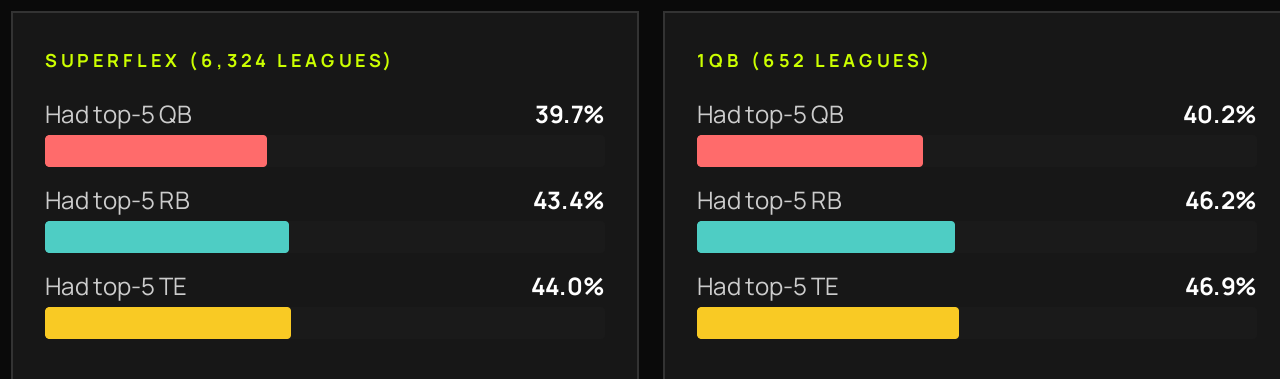
QB	22.6%	21.4%
RB	30.3%	29.8%
WR	34.9%	36.5%
TE	12.3%	12.4%

WHAT THIS MEANS FOR YOUR ROSTER

- **WR is the foundation, not RB.** Champions spent more roster capital on wide receivers (35.0% vs 30.2%). WRs have longer careers and more stable values.
- **The QB gap is format-specific.** In 1QB, champions spent just 21.4% on QB. In Superflex, QB jumps to 22.6%.
- **TE premium is real but capped.** At 12.3%, champions spent roughly 1/3 what they spent on RB. Get one good TE and focus elsewhere.

THE ELITE PLAYER QUESTION

Do you need elite players to win? The data says yes — but **which position matters most** depends on format.

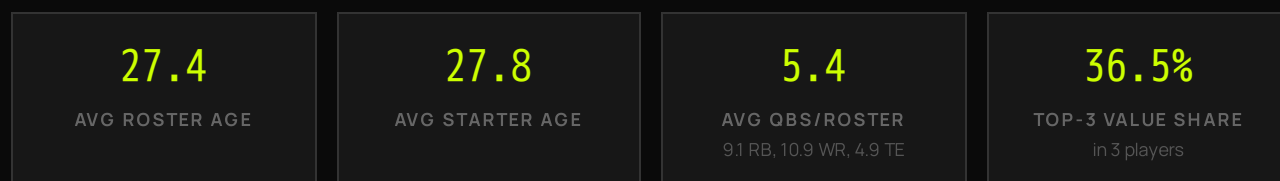


Champions concentrated **36.5%** of their total roster value in their top 3 players. The "stars and scrubs" approach has real support in the data.

STRATEGIC TAKEAWAYS

- **Consolidate, don't spread.** Trading two solid pieces for one elite player is almost always the right move. Champions won with a handful of stars, not a deep roster of average players.
- **RBs are the highest-floor path to a ring.** 82.5% of champions had a top-10 RB — the single highest correlation.
- **The TE market is inefficient.** 44.3% of champions had a top-5 TE — and those top TEs are far cheaper than top RBs.

THE AGE OF A CHAMPION



Championship rosters averaged **27.4 years old** across all rostered players and **27.8 among starters**. The "youth at all costs" approach is not what actually wins titles.

AGE INSIGHTS

- **Starters are older than rosters.** The gap between starter age (27.8) and roster age (27.4) tells you champions carry young depth but start experienced players.
- **Do not panic-sell aging stars.** At 27.4 average, plenty of 28-30 year olds were on title rosters.

- **The sweet spot is 25-29.** Champions leaned on prime-age players who are old enough to be proven but young enough to sustain production.

THE LEAGUE WINNERS: TOP 25 CHAMPIONSHIP PLAYERS

Players most commonly found on championship-winning rosters, measured as percentage of all 6,976 champions.

#	PLAYER	POS	% OF CHAMPIONS
1	Christian McCaffrey	RB	26.3%
2	Bijan Robinson	RB	26.0%
3	Derrick Henry	RB	22.4%
4	Puka Nacua	WR	22.1%
5	Trey McBride	TE	19.3%
6	Chase Brown	RB	19.2%
7	Chris Olave	WR	17.9%
8	George Kittle	TE	17.5%
9	Matthew Stafford	QB	17.0%
10	Ja'Marr Chase	WR	16.4%
11	Jaxon Smith-Njigba	WR	15.8%
12	Brock Purdy	QB	15.7%
13	Jonathan Taylor	RB	15.6%
14	De'Von Achane	RB	15.0%
15	Stefon Diggs	WR	14.2%
16	Davante Adams	WR	13.9%
17	Drake Maye	QB	13.9%
18	Amon-Ra St. Brown	WR	13.8%
19	George Pickens	WR	13.7%
20	Jacoby Brissett	QB	13.5%
21	James Cook	RB	13.5%
22	Dak Prescott	QB	13.4%
23	Trevor Lawrence	QB	13.2%
24	Jake Tonges	TE	13.0%

METHODOLOGY

Dataset: 6,976 completed dynasty leagues from Sleeper, 2025 season. 6,324 Superflex, 652 1QB.

Collection method: Snowball sampling starting from Dynasty Trade Maker users' Sleeper leagues.

Champion identification: Sleeper's winners bracket API, identifying the roster with placement = 1.

Player values: FantasyCalc consensus dynasty values at time of analysis.

Limitations: Sample is weighted toward active Sleeper dynasty managers. Results reflect associations, not causation.

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dynastytrademaker.com · August 2026

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