

2026 Week 7 Waiver Wire

Revision 1 | 2026-10-20T15:39:42Z

12-team redraft, half-PPR, one starting quarterback. Bids use the original season FAAB budget. Game points equal official standard points plus 0.5 per reception; they are historical results, not projections. Missing weekly rows are not labeled zero. Kicker and defense scoring depends on league rules.

Buffalo, Jacksonville, the Chargers and Washington are on bye. Fill a starting need before bidding for a stash. Production includes all 93 completed games through Week 6; FAAB bands and candidate priorities are original MFT judgments.

FAAB ranges use your original season budget: 10% is \$10 from an original \$100 budget. Cap bids at your remaining balance and follow league minimums and increments.

Check these players first

Germie Bernard / Kendre Miller / Keenan Allen / C.J. Stroud / Kyler Murray

Running backs

1. Kendre Miller | NO

Reviewed add | Suggested FAAB: 6-12%

A recent rushing workload makes him a practical fill-in, but New Orleans can still divide goal-line and receiving opportunities. Recorded half-PPR points: W1 9.00, W3 2.90, W4 0.90, W5 9.00, W6 8.00. W6: 20 carries, 2 targets and 2 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. PIT (neutral site)

ESPN via NFL.com (captured Oct 20): 33% rostered; checked on 2026-10-20. Check your league.

2. Dameon Pierce | PHI

Reviewed add | Suggested FAAB: 4-10%

Philadelphia thin backfield can create useful touches, while offensive disruption makes efficiency and touchdowns uncertain. Recorded half-PPR points: W5 2.20, W6 13.00. W6: 12 carries, 5 targets and 4 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Saquon Barkley (Hamstring; Questionable); Will Shipley (Foot; Injured reserve). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: vs. DAL

ESPN via NFL.com (captured Oct 20): 56% rostered; checked on 2026-10-20. Check your league.

3. Jaleel McLaughlin | CLE

Reviewed add | Suggested FAAB: 3-7%

Receiving work can support a deeper-league fill-in if Cleveland backfield absences persist. Recorded half-PPR points: W2 0.30, W4 8.80, W5 0.00, W6 7.50. W6: 9 carries, 4 targets and 4 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Quinshon Judkins (Ankle; Questionable); Dylan Sampson (Knee; Injured reserve). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: at TEN

ESPN via NFL.com (captured Oct 20): 8% rostered; checked on 2026-10-20. Check your league.

Wide receivers

1. Germie Bernard | PIT

Reviewed add | Suggested FAAB: 16-25%

A concentrated Pittsburgh target tree gives his recent volume a clearer path to repeat than a touchdown-only breakout. Recorded half-PPR points: W2 5.50, W3 1.90, W4 2.10, W5 11.40, W6 20.20. W6: 0 carries, 12 targets and 11 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Roman Wilson (Finger; Injured reserve). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: at NO (neutral site)

ESPN via NFL.com (captured Oct 20): 44% rostered; checked on 2026-10-20. Check your league.

2. Keenan Allen | IND

Reviewed add | Suggested FAAB: 8-14%

A run of substantial targets makes him a possession-based PPR option rather than a bet on an isolated long score. Recorded half-PPR points: W1 6.20, W2 1.00, W3 15.30, W5 7.00, W6 12.20. W6: 0 carries, 11 targets and 8 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Tyler Warren (Groin; Questionable). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: at MIN

ESPN via NFL.com (captured Oct 20): 39% rostered; checked on 2026-10-20. Check your league.

3. Ja'Kobi Lane | BAL

Reviewed add | Suggested FAAB: 4-8%

His return adds a secondary receiving option in Baltimore; quarterback and competing-receiver availability still shape the ceiling. Recorded half-PPR points: W1 1.60, W6 6.00. W6: 0 carries, 5 targets and 4 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Lamar Jackson (Ankle; Questionable); Rashod Bateman (Shoulder; Questionable). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: vs. CIN

ESPN via NFL.com (captured Oct 20): 10% rostered; checked on 2026-10-20. Check your league.

4. Kendrick Bourne | ARI

Reviewed add | Suggested FAAB: 2-5%

Repeated targets in Arizona give him a modest depth role, with limited evidence for an explosive weekly ceiling. Recorded half-PPR points: W1 11.50, W2 2.10, W3 3.20, W5 9.50, W6 7.20. W6: 0 carries, 8 targets and 5 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. DEN

ESPN via NFL.com (captured Oct 20): 7% rostered; checked on 2026-10-20. Check your league.

5. Jaylin Noel | HOU

Reviewed add | Suggested FAAB: 2-5%

Recent production earns a bench look, but a crowded Houston receiving group limits assumptions about his next target total. Recorded half-PPR points: W1 6.30, W2 4.90, W3 3.50, W4 10.40, W5 12.70, W6 18.70. W6: 0 carries, 4 targets and 4 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. NYG

ESPN via NFL.com (captured Oct 20): 5% rostered; checked on 2026-10-20. Check your league.

Quarterbacks

1. C.J. Stroud | HOU

Reviewed add | Suggested FAAB: 4-8%

Houston recent passing production and the Giants matchup make him a useful replacement for a bye-week quarterback. Recorded half-PPR points: W1 16.46, W2 17.02, W3 11.68, W4 23.08, W5 20.94, W6 22.98.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. NYG

ESPN via NFL.com (captured Oct 20): 44% rostered; checked on 2026-10-20. Check your league.

2. Kyler Murray | MIN

Reviewed add | Suggested FAAB: 3-7%

Rushing contributions can support a one-week quarterback start after Minnesota bye, without assuming a passing ceiling. Recorded half-PPR points: W1 -0.38, W3 10.42, W4 11.48, W5 18.26.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. IND

ESPN via NFL.com (captured Oct 20): 49% rostered; checked on 2026-10-20. Check your league.

Tight ends

1. Hunter Henry | NE

Reviewed add | Suggested FAAB: 3-6%

A more productive New England passing game gives him a streaming route when an established tight end is unavailable. Recorded half-PPR points: W1 4.10, W2 5.50, W3 1.00, W4 8.70, W5 11.90, W6 12.80. W6: 0 carries, 5 targets and 4 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: at CHI

ESPN via NFL.com (captured Oct 20): 43% rostered; checked on 2026-10-20. Check your league.

2. Brenton Strange | JAX

Bye-week stash | Suggested FAAB: 3-7%

Stash through Jacksonville bye if the roster can absorb an empty Week 7 slot; recent receiving involvement is the attraction. Recorded half-PPR points: W1 9.30, W2 2.70, W3 4.70, W4 13.00, W5 10.30, W6 6.90. W6: 0 carries, 7 targets and 5 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: Bye; stash for a later week

ESPN via NFL.com (captured Oct 20): 44% rostered; checked on 2026-10-20. Check your league.

3. Chigoziem Okonkwo | WAS

Bye-week stash | Suggested FAAB: 3-7%

Stash through Washington bye; receiver injuries may concentrate future targets, but there is no Week 7 game. Recorded half-PPR points: W1 2.60, W4 1.50, W5 8.00, W6 10.40. W6: 0 carries, 7 targets and 7 catches.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Injury condition: October 20 CBS lists Terry McLaurin (Knee; Doubtful). Recheck current participation and final status; the cited label is not a Week 7 ruling.

Report-week opponent: Bye; stash for a later week

ESPN via NFL.com (captured Oct 20): 4% rostered; checked on 2026-10-20. Check your league.

Kickers

1. Chris Boswell | PIT

Kicker stream | Suggested FAAB: 0-2%

A low-cost one-week kicking option tied to Pittsburgh next scoring opportunities; do not bid as though field-goal volume is guaranteed.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: at NO (neutral site)

FantasyPros; platform unspecified (Oct 19): 25% rostered; checked on 2026-10-20. Check your league.

2. Jake Bates | DET

Kicker stream | Suggested FAAB: 0-2%

Detroit returning offense offers a streaming route, with fourth-down decisions able to limit field-goal attempts.

Main risk: Target share, game script and availability can change. Check your actual league and remaining budget. Historical production is not a forecast.

Report-week opponent: vs. GB

FantasyPros; platform unspecified (Oct 19): 28% rostered; checked on 2026-10-20. Check your league.

Team defenses

1. Cleveland Browns | CLE

Defense stream | Suggested FAAB: 0-2%

An original low-cost stream against TEN. Matchup and recent pressure are more useful than chasing defensive touchdowns; scoring depends on league rules.

Main risk: Turnovers and defensive touchdowns are volatile. A favorable opponent does not guarantee points.

Report-week opponent: at TEN

ESPN via NFL.com (captured Oct 20): 34% rostered; checked on 2026-10-20. Check your league.

2. New York Jets | NYJ

Defense stream | Suggested FAAB: 0-2%

An original low-cost stream against MIA. Matchup and recent pressure are more useful than chasing defensive touchdowns; scoring depends on league rules.

Main risk: Turnovers and defensive touchdowns are volatile. A favorable opponent does not guarantee points.

Report-week opponent: vs. MIA

ESPN via NFL.com (captured Oct 20): 23% rostered; checked on 2026-10-20. Check your league.

Deep leagues and stashes

Brenton Strange and Chigoziem Okonkwo are bye-week stashes, not Week 7 lineup solutions. Zach Charbonnet and Jordan Mason remain activation-dependent watch-list options and are excluded from immediate lineup adds. Missing statistics and availability remain unknown.

Superflex adjustment

Prioritize available starting quarterbacks more highly when two can start. These one-QB bids are not superflex valuations; compare the expected lineup improvement with your remaining budget.

Claim strategy

Submit ordered alternatives for the same drop slot. Scale the high end of a bid to an actual starting need; a bench stash belongs near the low end. Preserve budget for later weeks. Check deadline, minimum bid and tie-breaking rules. Recheck all injury-dependent claims before waivers process.

What changed

Fresh October 20 official roster/statistics and CBS injury snapshot. Dated NFL.com ESPN observations and October 19 FantasyPros kicker observations captured October 20; no prior edition is rewritten.

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MyFootballToolbox.com - Email report options

Source notes

Knowledge cutoff: 2026-10-20T15:38:46Z

nflverse - Verified production through all 93 completed games

nflverse - October 20 exact current roster identities

NFL.com - Current defense shortlist and dated ESPN rostered observation

CBS Sports - October 20 complete injury snapshot

FantasyPros - Dated rostered observation and current streaming/role discussion

NFL.com ESPN rostered observations were captured October 20; FantasyPros kicker observations are dated October 19 and the underlying platform is unstated. Production includes all 93 final games through Week 6. Percentages differ by platform and may change; check your league and fresh practice reports before bidding.