FANTASY FOOTBALL GAME SHEET

Washington Commanders at Arizona Cardinals

Sunday, November 29 | 4:25 PM ET / 1:25 PM PT | State Farm Stadium

Washington Commanders

2025 RECORD	MFT POWER RANKING	OFFENSE RANKING	DEFENSE RANKING	2026 STATS	INJURY WATCH
5-12	#19	#13	#22	Available	4

MFT TEAM OUTLOOK

WAS beat CIN 22-20 in its latest completed game, producing 278 net passing yards and 150 rushing yards. Antonio Williams led the team's matched skill players in full-PPR scoring in that game. WAS visits ARI in Week 12. Look for repeatable opportunities in the next matchup. The balance of rushing and passing production helps frame the prior performance, while the current personnel and matchup will shape how much of it carries forward.

ACTIVE FANTASY PLAYERS

QUARTERBACKS (3)

Jayden Daniels #5
2026: 153.0 PPR | 19.1 PPG | QB16 | ADP 57
1788 pass yds | 10 TD | 2 INT | 335 rush yds
Year 3 | 2024 WAS R1 #2
WAS year 3

Marcus Mariota #8
2026: 34.5 PPR | 11.5 PPG | QB38 | ADP 341
340 pass yds | 4 TD | 0 INT | 49 rush yds
Year 12 | 2015 TEN R1 #2
WAS year 3 | Prior: LV, ATL, PHI

Athan Kaliakmanis #16
2026: 11.0 PPR | 11.0 PPG | QB48 | ADP 618
186 pass yds | 1 TD | 1 INT | 16 rush yds
Rookie | 2026 WAS R7 #223
WAS year 1

RUNNING BACKS (3)

Rachaad White #1
2026: 77.9 PPR | 8.7 PPG | RB33 | ADP 100
65 carries | 275 rush yds | 1 rush TD | 19 rec
Year 5 | 2022 TB R3 #91
WAS year 1 | Prior: TB

Robert Henry Jr. #34
2026: 0.4 PPR | 0.4 PPG | RB134 | ADP -
2 carries | 4 rush yds | 0 rush TD | 0 rec
Rookie | Entry 2026
WAS year 1 | Prior: SEA

Austin Ekeler #30
2026: 36.7 PPR | 5.2 PPG | RB61 | ADP -
40 carries | 150 rush yds | 0 rush TD | 12 rec
Year 10 | Entry 2017
WAS year 3 | Prior: LAC

WIDE RECEIVERS (5)

Stefon Diggs #3
2026: 119.1 PPR | 13.2 PPG | WR22 | ADP 88
65 tgt | 40 rec | 431 rec yds | 6 rec TD
Year 12 | 2015 MIN R5 #146
WAS year 1 | Prior: BUF, HOU, NE

Van Jefferson #12
2026: 16.8 PPR | 5.6 PPG | WR132 | ADP 765
9 tgt | 5 rec | 58 rec yds | 1 rec TD
Year 7 | 2020 LAR R2 #57
WAS year 1 | Prior: ATL, PIT, TEN

Antonio Williams #14
2026: 93.8 PPR | 9.4 PPG | WR41 | ADP 252
52 tgt | 37 rec | 448 rec yds | 2 rec TD
Rookie | 2026 WAS R3 #71
WAS year 1

Luke McCaffrey #11
2026: 1.6 PPR | 0.2 PPG | WR196 | ADP 426
2 tgt | 1 rec | 6 rec yds | 0 rec TD
Year 3 | 2024 WAS R3 #100
WAS year 3

Treylon Burks #13
2026: 57.0 PPR | 7.1 PPG | WR71 | ADP 377
28 tgt | 16 rec | 290 rec yds | 2 rec TD
Year 5 | 2022 TEN R1 #18
WAS year 1 | Prior: TEN

TIGHT ENDS (4)

Chig Okonkwo #85
2026: 61.9 PPR | 7.7 PPG | TE29 | ADP -
44 tgt | 31 rec | 329 rec yds | 0 rec TD
Year 5 | 2022 TEN R4 #143
WAS year 1 | Prior: TEN

Ben Sinnott #82
2026: 15.8 PPR | 4.0 PPG | TE67 | ADP 410
6 tgt | 5 rec | 48 rec yds | 1 rec TD
Year 3 | 2024 WAS R2 #53
WAS year 3

John Bates #87
2026: 7.7 PPR | 1.1 PPG | TE84 | ADP 395
6 tgt | 5 rec | 27 rec yds | 0 rec TD
Year 6 | 2021 WAS R4 #124
WAS year 6

Colson Yankoff #80
2026: 5.2 PPR | 0.6 PPG | TE97 | ADP 571
5 tgt | 3 rec | 22 rec yds | 0 rec TD
Year 3 | Entry 2024
WAS year 3

KICKER: Drew Stevens #19 | 2026 PPR 82.0 | FG 22/25 | XP 16/19

WAS D/ST: Defense Ranking #22 | No normalized team D/ST fantasy source is integrated for Version 1.

FANTASY INJURY WATCH

- Injured reserve: WR Terry McLaurin | Knee
- Injured reserve: RB Jeremy McNichols | Foot
- Injured reserve: WR Dyami Brown | Calf | estimated return Week 13
- Injured reserve: WR Jaylin Lane | Ankle

ADP: owner-selected ordinal rank, shared across formats; source date unknown.
PPR | Dated injury listing; absence does not mean healthy | Unit ranks: season_to_date

Injury snapshot: Nov 24, 2026 06:38 PM UTC

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Arizona Cardinals

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3-14	#28	#25	#26	Available	9

MFT TEAM OUTLOOK

ARI lost to KC 7-34 in its latest completed game, producing 130 net passing yards and 75 rushing yards. Trey McBride led the team's matched skill players in full-PPR scoring in that game. ARI hosts WAS in Week 12. Look for repeatable opportunities in the next matchup. The balance of rushing and passing production helps frame the prior performance, while the current personnel and matchup will shape how much of it carries forward.

ACTIVE FANTASY PLAYERS

QUARTERBACKS (3)

Carson Beck #19 — Questionable
2026: 0.4 PPR | 0.4 PPG | QB59 | ADP 316
108 pass yds | 0 TD | 2 INT | 1 rush yds
Rookie | 2026 ARI R3 #65
ARI year 1

Josh Johnson #9
2026: 10.7 PPR | 10.7 PPG | QB49 | ADP -
155 pass yds | 1 TD | 0 INT | 5 rush yds
Year 19 | 2008 TB R5 #160
ARI year 1 | Prior: WAS, DET, BAL

Joey Aguilar #18
2025: - PPR | - PPG | - | ADP -
- pass yds | - TD | - INT | - rush yds
Rookie | Entry 2026
ARI year 1 | Prior: JAX

RUNNING BACKS (3)

Tyler Allgeier #22
2026: 94.4 PPR | 8.6 PPG | RB29 | ADP 151
101 carries | 406 rush yds | 2 rush TD | 23 rec
Year 5 | 2022 ATL R5 #151
ARI year 1 | Prior: ATL

Bam Knight #20
2026: 32.5 PPR | 4.6 PPG | RB66 | ADP 282
40 carries | 222 rush yds | 0 rush TD | 7 rec
Year 5 | Entry 2022
ARI year 2 | Prior: NYJ, DET

Evan Hull #26
2026: 0.0 PPR | 0.0 PPG | RB140 | ADP 875
0 carries | 0 rush yds | 0 rush TD | 0 rec
Year 4 | 2023 IND R5 #176
ARI year 1 | Prior: IND, PIT

WIDE RECEIVERS (5)

Reggie Virgil #82
2026: 8.4 PPR | 2.8 PPG | WR164 | ADP 484
11 tgt | 3 rec | 54 rec yds | 0 rec TD
Rookie | 2026 ARI R5 #143
ARI year 1

Devin Duvernay #81
2026: 11.7 PPR | 1.1 PPG | WR150 | ADP 503
7 tgt | 6 rec | 57 rec yds | 0 rec TD
Year 7 | 2020 BAL R3 #92
ARI year 1 | Prior: BAL, JAX, CHI

Simi Fehoko #80
2026: 13.7 PPR | 1.5 PPG | WR141 | ADP 530
9 tgt | 3 rec | 40 rec yds | 1 rec TD
Year 6 | 2021 DAL R5 #179
ARI year 2 | Prior: DAL, LAC

Harrison Wallace III #83
2026: 11.6 PPR | 5.8 PPG | WR151 | ADP -
8 tgt | 5 rec | 66 rec yds | 0 rec TD
Rookie | Entry 2026
ARI year 1

Zay Jones #7
2026: 2.8 PPR | 1.4 PPG | WR185 | ADP -
3 tgt | 1 rec | 17 rec yds | 0 rec TD
Year 10 | 2017 BUF R2 #37
ARI year 3 | Prior: BUF, LV, JAX

TIGHT ENDS (4)

Trey McBride #85
2026: 186.3 PPR | 16.9 PPG | TE1 | ADP 20
113 tgt | 87 rec | 689 rec yds | 5 rec TD
Year 5 | 2022 ARI R2 #55
ARI year 5

Elijah Higgins #84
2026: 41.6 PPR | 4.6 PPG | TE42 | ADP 380
21 tgt | 19 rec | 166 rec yds | 1 rec TD
Year 4 | 2023 MIA R6 #197
ARI year 4

Hunter Long #89
2026: 7.3 PPR | 1.2 PPG | TE88 | ADP 478
5 tgt | 4 rec | 33 rec yds | 0 rec TD
Year 6 | 2021 MIA R3 #81
ARI year 1 | Prior: MIA, LAR, JAX

Teagan Quitoriano #47
2026: 17.3 PPR | 8.7 PPG | TE63 | ADP 832
3 tgt | 3 rec | 23 rec yds | 2 rec TD
Year 5 | 2022 HOU R5 #170
ARI year 1 | Prior: HOU, ATL

KICKER: Chad Ryland #38 | 2026 PPR 83.0 | FG 22/24 | XP 17/18

ARI D/ST: Defense Ranking #26 | No normalized team D/ST fantasy source is integrated for Version 1.

FANTASY INJURY WATCH

- Injured reserve: WR Kendrick Bourne | Lower Leg
- Questionable: QB Carson Beck | Back
- Injured reserve: RB James Conner | Foot | estimated return Week 15
- Injured reserve: QB Gardner Minshew | Elbow

ADP: owner-selected ordinal rank, shared across formats; source date unknown.
PPR | Dated injury listing; absence does not mean healthy | Unit ranks: season_to_date

Injury snapshot: Nov 24, 2026 06:38 PM UTC