

SWING VOTE SAM EXPLAINS

Throwing Your Vote Away?

SAM SAYS

"Which vote got thrown away: the one for something you believe in, or the one in a race that ended at the primary?"

Objection one: you're a spoiler. In a presidential race, fair. One seat, one winner. Congress is 435 separate races, and you don't need most of them to change what happens.

Objection two: a third party can never win. Win is the wrong verb. The goal is to be the reason the chamber can't run without you.

Objection three: you're throwing your vote away. In 81 percent of districts the seat was settled before you woke up. And ranked choice already handles the spoiler problem: in over 400 American races since 2004, all but two picked the head-to-head winner.

The facts

1. FairVote projected 81 percent of House seats safe for one party in 2026.[1]
2. The House has 435 voting members, each elected separately in their own district.[2]
3. Of over 400 single-winner ranked-choice elections since 2004 with enough data to check, all but two elected the candidate who would have won every head-to-head matchup (FairVote).[3]

What you can do

1. Next time someone says you're wasting your vote, show them this page.
2. Find out how your state counts votes. Your election office knows. **usa.gov/state-election-office**
3. Vote for what you believe in. Show up.

Scan to watch Sam explain it
swingvotesam.com/issues/spoiler-myth

Sources

1. FairVote, "18 Months from Election Day 2026, 81% of House seats are already decided", April 28, 2025. https://fairvote.org/press/house-elections-broken-release-2025/
2. U.S. House of Representatives, "The House Explained". https://www.house.gov/the-house-explained
3. FairVote, "Research and data on RCV in practice". https://fairvote.org/resources/data-on-rcv/

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