



Barstool FOOTBALL LEAGUE RULES

Welcome to BFL!

Here you will find basic league information, league settings, league rules, and all other basic information you may be looking for.

Below this will be bookmarks of the rules, links/tools, and information on how to join our league!

[Ground Rules](#)

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Interested in joining our Discord Server?

<https://discord.gg/29EaG7FgMW>

All-Madden with Custom Sliders

Advance Schedule: M-W-F

Quarter Length: 9min

Accelerated Clock: 16sec

League Commissioner:

TennesseeTy

League Admin + Trade Committee:

-

Section 1: Ground Rules

Article 1: BFL's Goal: to be a True Realism League.

- From gameplay to roster construction, we want to emulate the NFL as well as possible.
- Although stats are important, gameplay is more important. **BFL will ALWAYS prioritize the gameplay aspect over the stats aspect.**
- Due to user error and Madden being Madden, it is nearly impossible to have Stats 100% match NFL without jeopardizing Gameplay.

Article 2: This server is for men and women **16+** years of age

Article 3: Discord Conduct: Keep it decent and respectable folks. We have rivalries, people we don't always get along with, people we enjoy, etc; but we still need to respect the fact that this is just a video game and we are all here to have fun and enjoy the game. Some of us here know each other in real life and have a tendency to jab and joke a lot; if you don't take things to heart and like to joke and rant about madden, you will love this server!

Article 4: Advances will be **Monday - Wednesday - Friday** (unless all games are accounted for sooner)

Article 5: Disconnects:

- If your game disconnects, here are your options:
 - a) Both Users agree play the amount of time that was remaining before the disconnect, and the winner will get the Force Win
 - b) Both Users agree to replay from the beginning at a score of 0-0.
 - c) Both Users agree to fair sim
 - d) Both Users agree who gets a Force Win
- there will **NOT** be any recreating of score and/or time as this will lead to False Stats

Article 6: Streaming

- **Both Users** are Advised to Stream
 - a) this is for your own defense in case someone claims you may have broken rules
 - b) if a User can't Stream for technical reasons, they must let Admin know
- Your Streams **MUST** be able to be Viewed after they end
 - a) your Twitch VOD must be on

Article 7: Report any and all Violations/Issues to Admin or in the #reports-violations channel

Article 8: Tanking:

- Frowned upon 👎
- If a game doesn't have playoff implications, it must be attempted to be played before a FW is given.

Section 2: General Gameplay Rules

Article 0: ANY RULE THAT IS ~~CROSSED OUT~~ IS CURRENTLY NOT BEING ENFORCED

- (does not mean it won't be enforced in the future)

Article 1: STRAFING

- BFL is a **STRAFE** League!
 - There will be Exceptions and they can be found in the [Defense section of the Rules](#)

Article 2: Playcalling

- Offense
 - Stick to your scheme/core concepts and rotate through them based on situational football. Do not repeat the same plays over and over again in a game from the same few formations.
- Defense
 - You are expected to match personnel majority of your playcalls
 - [\(See: Personnel Matching\)](#)

Article 3: Switching

- BFL is a Switch League meaning you CAN switch players while the ball is in the air

Article 4: Coaching Suggestions:

- Allowed but must follow all Play Call rules

Article 5: Conduct During Blow Outs

- If you are **winning** big . . .
 - a) Be respectful. ***Do not stat pad for XP and awards.*** Madden is a flawed system and **taking advantage of easy XP or stats for award XP is prohibited.**
- IF you are **losing** big you have two options . . .
 - a) Inform your opponent that you would like him to “chew clock” and get the game over with.
 - b) Keep fighting and attempt a comeback.

Article 6: Other

- Near and Far formations on Offense are both **banned**.
- 3-3 Stack formation on Defense is **banned**.
- ~~Using Playmaker on Offense is **banned**.~~

Section 3: Offensive Gameplay Rules

Article 1: [BFL Offensive Schemes](#) ← link

- Schemes
 - a) We require users to Select their schemes at the start of each season
 - i) A Spread team should not be running a majority of their plays from under center.
- Playbooks
 - a) **Playbook Rules**
 - i) Whichever PB you pick from the link above is okay, however, **your scheme must reflect that playbook.**

Article 2: ~~QB Experience Chart~~

- ~~[LINK](#)~~

Article 3: Play Calling

- Stick to your scheme/core concepts that you chose and rotate through them based on situational football. Do not repeat the same plays over and over again in a game from the same few formations.
- Mix up plays
 - You can not call the same play twice in a row
 - Mix up your formations. You shouldn't be calling the same few formations all game
 - ~~Every variation of Stretch Alert RPOs are~~ **BANNED**
 - All Banned Plays will be listed in the #banned-plays•routes channel on Discord

Article 4: Hot Routes *and Cancel PA*

- **Hot Routes** are not used to create new plays or to change a slant to a streak because the defense is playing press on a fast WR. Please see the guidelines below:
 - DO NOT create new plays with your hot routes. Be realistic.
 - You should not be changing the Concept of the play via hot routes, if you wish to do this you must Audible (~~if allowed by QB Exp Chart~~)
 - Keep them in roughly the same depth and direction. A slant to a drag, a drag to a slant, a streak to a comeback, a quick out to a zig route.
 - A good rule of thumb is: **same depth and direction!**
- Flipping Play
 - You can only Flip your play in the playcall screen. Not while the players are already on the field
- Play Action

- You can **NOT** cancel the Play-Action mechanic on any PA Boot or Rollout. Otherwise, it is allowed.

Article 5: No Huddle

- Since Madden doesn't have a muddle/up-tempo option, **No Huddle will be allowed in BFL** with the following rules:
 - a) You can use it as an Up-Tempo offense (warning: your players will Fatigue a lot quicker which can lead to more fumbles sand drops)
 - b) You can **NOT** hot route when using No Huddle
 - c) You can call your initial play from a different formation than the previous one

Article 6: Swerve (Zig Zag) Movement/Hard Cuts/Jurdle

- The use of Swerve (zig-zag) running is prohibited.
 - a) ***Swerve (Zig Zag) running is a chain of left stick cuts to fake out the AI pursuit angle(s) or causing issues for open-field tackling.***
- **Jurdling is NOT allowed**
 - a) a Jurdle is when you move the left stick to the right or left while at the same time pressing Y which creates an unrealistic juke/hurdle move.

Article 7: Running

- Gap Integrity must be maintained when running behind the LOS.
- Do **NOT** bounce every run outside/inside
 - a) Traps are not meant to be taken outside the tackles.
 - b) Inside zones are not bounced off tackle.
 - c) Outside zones are not meant to be cut back towards the center.
 - d) **If you do** bounce an inside run outside, you must use a football move (juke/cut) to do so.

Article 8: Quick Snapping and No Huddling

- Quick Snapping
 - a) There must be at least 10sec from from when the Huddle Breaks before you can snap the ball
 - i) *(which means you can not pick your play with under 10sec on the play clock)*
 - ii) This rule is so Users do not run up to the line and snap the ball right away to take advantage of the defense not making adjustments.
 - b) The **ONLY EXCEPTION** is if there is 1min left in the 2nd or 4th Quarter.
 - i) you **MUST** call No Huddle to do this.

Article 9: 4th Down Rule

- If it can be backed up with real situational football, it is allowed

- a) *if you have to defend the choice you made to the majority of the league it probably is not sim...*

Article 10: Statistical Distribution

- **NO Player may have more than 70% of your team's carries.**
- **NO Player may have more than 40% of your team's TOTAL receptions.**

Article 11: QB Movement

- Do not drop back more than 10 yards with your QB behind the LOS. Doing so creates the pass rush to be even worse and less of a factor.
 - a) *The only exception to this is to throw the ball away*
- You may not scramble immediately without pressure
- ~~Once you break outside of the numbers, you can NOT throw to anyone more than 15 yards from the line of scrimmage. DO NOT throw across the middle of the field either.~~
 - a) ~~PLAYMAKER is BANNED~~

Article 12: Quick Game Passing and Screens

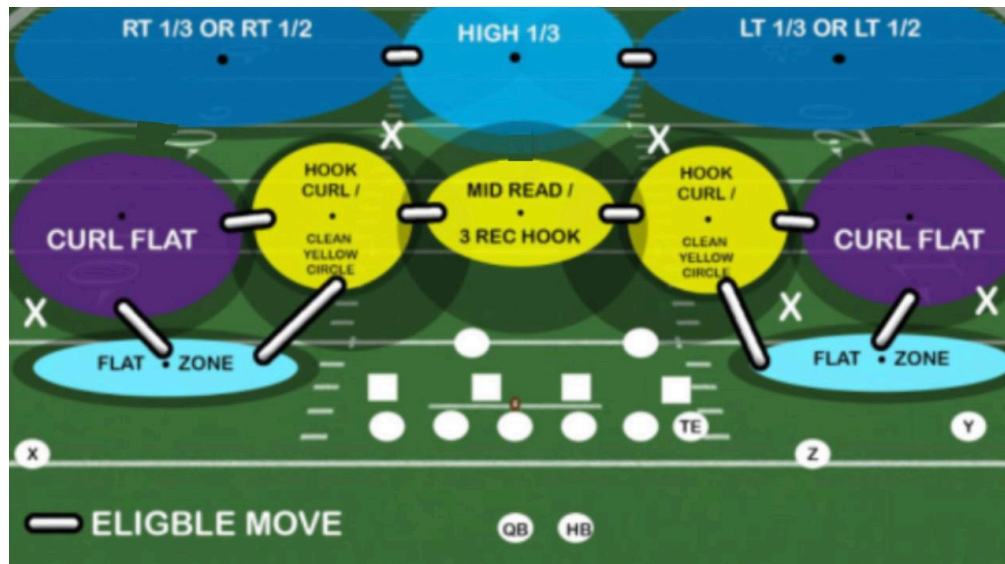
- All screens MUST be thrown to the player who is the screen target OR the ball thrown away.
- Slants Routes can NOT be caught past the middle of the field

Section 3: Defensive Gameplay Rules

Article 1: Strafing (see pic below for Eligible Moves)

- While playing your zone, you **MUST** Strafe
 - Holding LT (Strafe) will keep the defender parallel to the line of scrimmage. You **MUST** stay within your user defender's assignment
 - **Exception:** If you are committing to a route threatening your zone or a neighboring zone

This picture below will illustrate what zones you are allowed to move to



- You are allowed to play your zone and also sprint to a neighboring zone that is considered an eligible move
 - **Example:** if you are in a hard flat zone and an offensive player is sprinting to the flats, you may sprint with that player.
 - When playing any deep zones (blue $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$), you are allowed to sprint to stay with vertical routes
 - 3-Rec Hook zone is has specific responsibilities as shown below:
 - You may use a 3-Rec Hook to man match any crossing routes such as drags, crossers and HB/TE Texas, etc.
 - Or, you can treat a 3-Rec Hook the same as you would a Hook/Curl zone
- Man Coverage
 - If your man coverage assignment ends up blocking, you can rush the passer (green dog)

Article 2: Personnel Matching and Play Calling

- You are expected to match personnel majority of your playcalls

~~i) — 0-1WR:~~

~~3-4, 4-3, 4-4, 5-2, Goal line~~

~~ii) — 2WR:~~

~~3-4, 4-3 (4-4, 5-2, Goal Line on Inches to Go)~~

~~iii) — 3WR:~~

~~Any Nickel Package (3-4, 4-3 on 3rd and short)
(4-4, 5-4, Goal Line at the goal line), Base ok
on certain occasions 1st & 10, 2nd & 7 when run
is a concern.~~

~~iv) — 4WR:~~

~~Any Nickel, Dime or Dollar Defense (Quarters
on 3rd & 15+) (Base at the goal line or 3rd and
inches as long as a HB is the 5th player)~~

~~v) — 5WR:~~

~~Dime, Dollar, Quarters.~~

- *Due to the modern trend of lighter personnel packages, you can always go +1
Corners vs WRs on defense in any situation you would like.*

Article 3: Pass-Rush and Nano Blitzes

- **Using Defensive Lineman is allowed, but you can NOT do it on two plays in a row**
- You can NEVER rush fewer than 3 players
- You are **NOT** allowed to create Nano Blitzes
 - a) This is usually accomplished by pinching/shifting your DL and Hot Routing Blitzers
- You can only pinch your DL on 3rd and 4th downs with 3 yards or less to go OR inside the 5
- You can always spread your DL

Article 4: Hot Routes

- Just like Offense, you can **NOT** create new plays via hot routing. Keep flats as flats, hooks as hooks, and so on.
 - a) DL cannot drop into zone or man coverage via hot routes.
 - b) In TAMPA 2, you can hot route the mid-read to a deep middle 3rd due to some issues with him getting depth. However, IF you do this, **DO NOT** user a vertical hook/spy and patrol the void you created by doing so.

Article 5: Base Align

- Base align and the base align coaching adjustment are **BANNED**.

Section 4: Special Teams

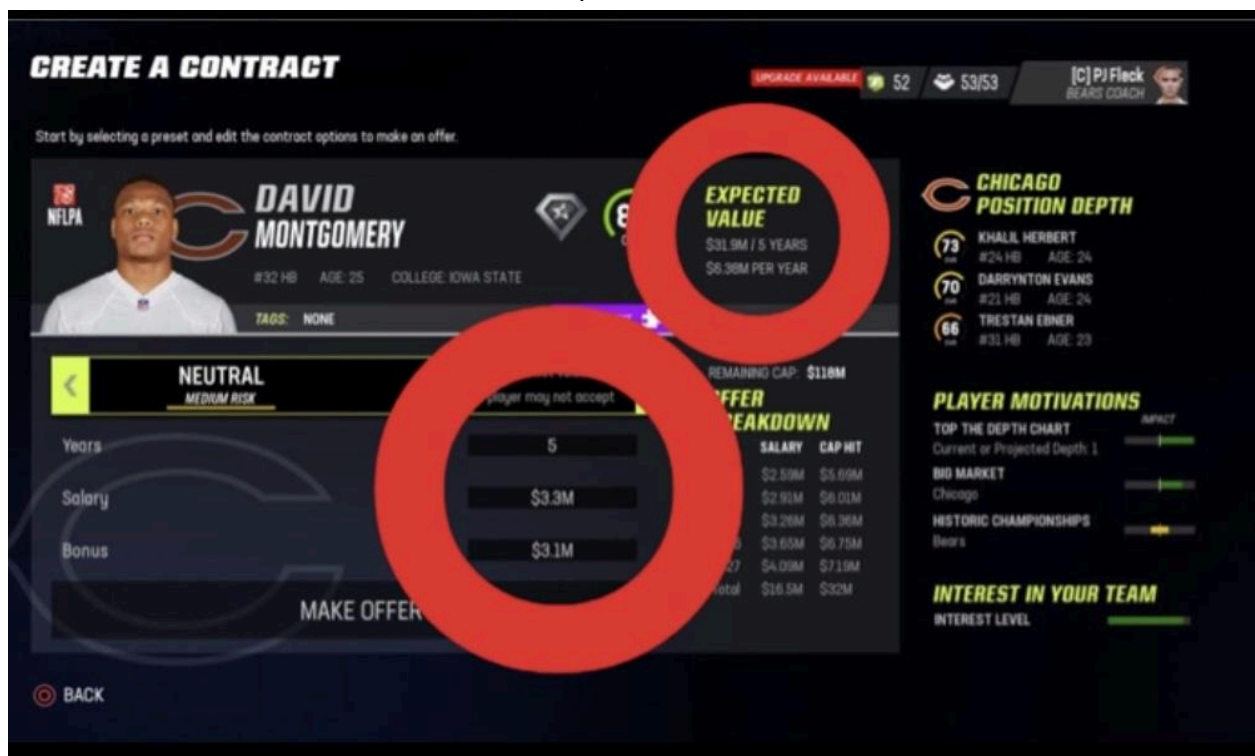
Article 1: Punt & Punt Return

- Punting
 - a. Backspin kick style is **BANNED**
 - b. You can **NOT** switch to the gunner prior to the punt being caught
 - i. **Exception:** if the ball is being punted within the 20yd line
- Punt Returning
 - a. You can **NOT** switch to an Outside Blocker and sit still to block the Gunner

Section 5: Roster Management Rules

Article 1: Resign Rules

- During the regular season you can resign **ONLY TWO PLAYERS.**
- You must follow these contract guidelines:
 - You can offer: Team Friendly, Neutral, Player Friendly, Or Extreme Player Friendly default contract options.
 - If you choose to do a CUSTOM offer the amount of YEARS offered MUST fall within one of the default Team Friendly, Neutral, Player Friendly, or Extreme Player Friendly.
 - If a player asks for 6+ years you must post a screenshot to the #re-signs channel in discord for proof.



- During the final resign stage you are allowed to resign as many players as you would like to resign. However, **you must manage your cap properly.** Please see this tool if you need help.
- **We will NOT bail out poor roster managers**

Article 2: Trading

- All Trades must be approved by the Admin Team
- Below is a list of the universal trade rules that the Admin Team will uphold for the duration of the cycle.
 - a) No team may acquire more than 40M in dead cap in ANY given season.
 - b) Obvious lopsided trades that we can deem as team detrimental will be denied.

- c) *Anything unforeseen like a user who is clearly trading with the intention of ruining a roster or to spite members or has made too many moves will be denied.*
- d) *Moves that are geared toward tanking. (**Tanking is not tolerated in BFL.**)*
- e) *Players who are in the first year of their contract are NOT eligible to be traded.*
 - i) ***The only exception is during S1 where we allow it during S1 of each cycle.***

Article 3: Draft

- Below are the limits to picks you can have in each round
 - a) 1st Round - **3**
 - b) 2nd Round - **4**
 - c) 3rd - 7th Rounds - No limit
- You cannot have less than 4 draft picks at any given time
- You cannot have more than 13 draft picks at any given time

Article 4: Salary Cap

- Dead Cap
 - a) **No team may have over 40M in dead cap at any given point during a season.**
- ~~Rollover Cap~~
 - a) ~~With the addition of rollover cap, EA has put a max cap of rollover cap being carried over to the next season at 50M. You are allowed to use all 50M of the rollover cap. However, **you may never have more than 55M free in cap space going into the regular season.**~~

Section 7: User/Game Settings

League Settings:

Quarter Length: 9min

Acceleration Clock: 16sec

Difficulty: All-Madden

User Team/Roster Management:

SET EVERYTHING TO MANUAL

(this includes training management)

PROGRESSIVE FATIGUE: OFF

~~MORALE RESET IF A NEW USER TAKES OVER A TEAM~~

