

1st and 11 League Rules and By-laws

General Set-Up:

- 1) 12 franchises
 - a) One owner for each franchise
 - b) Three conferences
- 2) Dynasty/Contract format
 - a) All players under contract are kept on a franchise's roster
 - b) A league salary cap of \$600 will be used for the first season
- 3) Format is Superflex/IDP
- 4) The league year starts on April 1
 - a) All contract and salary changes take effect on this date
 - b) All dues must be paid by this date

Dues/Finances

- 1) Yearly dues are \$50 as well as a variable service fee (beginning at \$10 and adjusting yearly) and will cover league expenses such as:
 - a) League Prizes, including a traveling trophy for the league champion as well as cash prizes listed below.
 - b) League management services/websites
 - c) Any expense deemed necessary by the commissioner and approved by all 3 members of the rules committee.
- 2) Upon entering the league, any new owners must pay for three years of dues.
 - a) This will cover the current season, as well as seasons four and five.
 - i) Dues for seasons two and three will still be owed.
 - b) If an owner leaves or is removed, this money is not refunded.
 - i) This rule is in place to incentivize owners staying with the league as well as assisting replacement owners entering the league, perhaps with a hindered squad.
- 3) If any future asset (draft slot, cap space, etc.) is traded away, that year's dues must be paid prior to the trade being final. This is not refundable money.
- 4) If a significant (10% or more of the current salary cap) dead cap penalty is expected for any future year, that year's dues must be paid at time of contract signing.
- 5) League Commissioner is responsible for all league finances and must produce a financial statement at the beginning of each league year. This statement must include:
 - a) All dues paid by team owners and summary of years paid for each team.
 - b) All prizes paid
 - c) All dues paid for league management services
 - d) Any gains made by league bank accounts
 - e) Current league bank account balance

Yearly Prizes

- 1) Prizes are paid on Super Bowl Sunday, and are as follows (\$600/yr total pot):
 - a) Champion: \$220
 - b) Runner Up: \$50
 - c) Division Winner: \$50 (x3)
 - d) Wild Card: \$25 (x2)
 - e) Weekly High Score: \$10 (x13)

Rosters:

- 1) A franchise will have a total of fifty roster spots during the season (1 QB, 2 RB, 3 WR, 1 TE, 1 Flex (RB/WR/TE), 1 SuperFlex (QB/RB/WR/TE), 1 K, 2 DL, 2 LB, 2 DB, 14 Bench, 5 Injured Reserve (IR), 15 Taxi Squad (TS)
 - a) The starting sixteen and fourteen bench spots are considered your “active roster”
 - b) Any player on your IR, or TS, is NOT considered a part of your active roster
 - i) A player must be placed on IR, by their real team, to be placed on your IR
 - (1) A player must be activated or cut from IR to your active roster if he is activated by his real team to have a valid active roster
 - (2) IR players only count for 25% of their salary
 - ii) Only drafted rookies may be placed on your taxi squad and may remain there up to their third year.
 - (1) Once a player is activated from the TS, to your active roster, they may not return to any TS
 - (2) Owners are not allowed to sign a player from another team’s TS, however TS players may be traded. If traded, they must be activated by the new team.
 - (3) After their third season, a player must either be placed on the active roster, traded, or cut from the team entirely
 - (4) TS players only count for 50% of their salary

Contracts/Salaries:

- 1) The league salary cap will be set at \$600 for the inaugural season
 - a) The cap may only be raised once every three years, but is not required to
 - i) The commissioner will determine if the cap should be raised or not, and will be voted on by the rules committee.
 - b) If the cap is to be raised, it must happen at some point between January 1-March 31
- 2) Player Salaries will be set based on the inaugural veteran auction, any subsequent extensions, holdouts, rookie contracts, free agency acquisitions.

3) Player contract lengths will be set by the owner, based on the following chart.

Player Type	Contract Value	Minimum Length	Maximum Length
Drafted Rookie	See Rookie Chart	2 Years	See Rookie Chart
In-season Free Agent	Any	1 Year	1 year
Off-Season Free Agent/ Veteran Auction/ League Expansion or Contraction draft player	\$1	1 Year	3 Years
	\$2-\$19	2 Years	4 Years
	\$20+	3 Years	5 Years

4) There will be a “dead cap” hit for any players dropped prior to their contract being completed. This dead cap will be 20% of the contract multiplied by the number of years remaining in the contract for that year and the next year.

- a) For example, if a player is dropped with 3 years remaining on his contract, that owner would have a dead cap hit of 60% of the player’s salary this year, followed by 40% the next year. This will be tracked by the league commissioner, and each franchises’ salary cap will be updated on the league website.

Contract Extensions:

- 1) Contracts may only be extended in the off season when a player has exactly 1 year left on his current contract. Contracts may be extended between Jan 1 and Jul 31
 - a) If a player reaches August 1st with only 1 year left on his contract, he will become a free agent at the end of the season
 - b) A contract may be extended to a maximum of 5 years, adding 4 years to the length of the contract, in line with the maximum contract lengths listed above.
 - i) A particular player can be extended multiple times, but each contract may only be a maximum of 5 years long. Ultimately this means an owner can keep a player as long as they can afford him.
 - c) To extend a contract, an owner must notify the commissioner that that is their intention, specifying the length of the contract, confirming any additional contract costs, and making necessary roster adjustments (drops/trades) to stay under the salary cap.
 - d) The new salary will be based on the following charts:

QB, TE, K, DL, DB		
Best Position Rank in previous 3 seasons	Average Contract Value of Players	Extension Fee
1-3	Top 3 highest paid players at position	15%
4-8	4th-8th highest paid players at position	10%
9-15	9th-15th highest paid players at position	7%
16-25	16-25th highest paid players at position	5%
26+	26th-40th highest paid players at position	3%

RB, WR, LB		
Best Position Rank in previous 3 seasons	Average Contract Value of Players	Extension Fee
1-5	Top 5 highest paid players at position	15%
6-10	6th-10th highest paid players at position	10%
11-20	11th-20st highest paid players at position	7%
21-40	21st-40st highest paid players at position	5%
41+	41st-60th highest paid players at position	3%

For example, if a Running Back was to be extended, and had a top 5 season in the previous 3 seasons, his new salary would be:

[The average of the top 5 highest paid running backs' salaries] X [115%]

- e) The value of the extension will only be for the additional years of the contract; the value of the final year of the existing contract will not be affected
- f) An owner may appeal a contract extension value by making a case on the league message board. The commissioner and rules committee will give a ruling on the matter in a timely fashion.
- g) A tier 1 or 2 player (first two rows of both charts) will not accept a reduced contract. If the new salary is lower than the player's current salary, the extension will be set to the player's current salary.
- h) The extension costs will be calculated at the end of the season, based on the players' positions for the previous season. If a player changes position according to the league management service during the off-season, this will not alter the extension costs.
- i) The contract costs used to calculate the value of extensions will be all active contracts for players contracted for week 16 of the previous season.

Holdouts

- 1) Player holdouts can occur during the off-season, based off their end of year stats from the previous year.
 - a) Any player whose end-of-year stats, as per the league web site, place the player in the top five QB, TE, DL, or DB, top ten RB or LB, or top fifteen WR is subject to examination as a possible holdout candidate.
 - b) The commissioner will let all owners know after week 16 who their holdouts are and the salary demands.
 - c) If a top five QB, TE, DL, or DB, top ten RB or LB, or top fifteen WR is making less than half of the average salary of the relevant group in question, the player is considered a holdout. At this point, the owner has three options
 - i) Accept the new contract demands. This increases the player's salary to 75% of the average salary of the relevant group in question at his position. Contract years don't change, the player simply gets bumped to the higher salary.
 - (1) An owner could conceivably sign the player to an extension at the same time provided the player is eligible - the new salary would be the higher of the extension formula or the holdout formula.
 - ii) Release the player. Any salary cap penalty that results from a release takes place based on the old salary (not the new contract demands)
 - iii) Trade the player to a team willing to accept the contract demands

Franchise Tags

- 1) Each team will have the option of using up to 2 Waiver Franchise Tags. These must be used between January 1st and February 28th/29th.
- 2) The Waiver Franchise Tag may be applied by a team to any player they signed via the in-season free agency process. These players will receive a new 1 year contract, expiring at the end of the year.
- 3) By applying the Waiver Franchise Tag, the team may keep the player they signed via blind bidding for a further year. The cost of the Waiver Franchise Tag will be calculated in the same way as an extension, based on the previous 3 years of performance by the player.
- 4) To apply the Waiver Franchise Tag the GM should contact the Commissioner to notify the league of the intention to apply the tag in January or February. After this date the tag will no longer be available.
- 5) A player playing with the Waiver Franchise Tag may be offered an extension by the team who signed them originally any time before the start of week 9 of the NFL season. The extension will cost one tier higher than an extension ordinarily would. If the player would be due a tier 1 extension, the cost will be tier 1 + 10%. The length of extension available will be calculated in the normal way.
- 6) In addition to the previous three years of performance, the player's performance in the current season will also be taken into account. For example, a player who was a rookie in year one when they were picked up via blind bidding and had a tier 3 value for the Waiver Franchise Tag would cost a tier 2 extension prior to the season beginning. However, if they performed as a top 3 player at their position in the opening weeks of the new season and then an extension was offered, the player would now cost tier 1 + 10% to extend.
- 7) Regardless of an extension being offered, the Waiver Franchise Tag cost will remain in place for the upcoming/ongoing season. The extension cost will only become active at the start of the following season.

Inaugural Veteran Auction:

- 1) A veteran auction will be held before the inaugural season
 - a) This will be a slow draft, taking place over most of the summer.
 - b) Each owner can have up to 3 players nominated at a time, for a total of up to 36 players being auctioned at once. A total of 360 players may be nominated total, but after an owner has filled their roster, they may not nominate any additional players. An owner may also elect to not fill their entire roster by not nominating additional players.
 - c) Each franchise will have \$500 in cap to spend on their players. Any remaining money will become the franchise's FAAB (Free Agent Acquisition Budget), with an additional \$100 added to make the total salary cap \$600.
 - d) Each nominated player will be up for auction until 18 hours have passed without a change in bidder.
 - e) The highest bid that a player receives will be his salary, with a contract length determined by the owner. The owner must send the commissioner their contract details within 2 weeks of the auction completing. If this is not done, the minimum contract length will be set for each player.

Rookie Draft:

- 1) A rookie draft will take place after the veteran auction, and each consecutive year, beginning shortly before the NFL pre-season (on or around July 20th each year).
 - a) The draft shall consist of five rounds and will be a “slow draft” unless 90% of the league is willing and able to do an in-person draft (if an owner is unable to make the in-person draft, they can video conference in or give their pick preferences to the commissioner).
 - i) Owners are allowed 6 hours to make a pick, trade, or pass.
 - ii) There will be a break in drafting from 10 PM-8AM every day.
 - b) The inaugural rookie draft will be a “snake” draft, with the order and how the order was determined clearly communicated to the owners.
 - c) All subsequent rookie drafts will be “NFL-style” drafts, with the order determined by the following:
 - i) Picks 1-7 will be non-playoff teams based on potential points.
 - (1) Potential points are the total points that a team would have scored had they played an optimal lineup every week.
 - (2) The team with the least potential points will get the first draft pick, and the most potential points will get the seventh draft pick.
 - (3) Either the league management service or the Commissioner will track and report potential points.
 - ii) Picks 8-10 will be the non superbowl playoff teams, in reverse order of seeding.
 - iii) Pick 11 will be the runner up
 - iv) Pick 12 will be the league champion.
 - d) An owner is not required to draft any players, and may pass or take players on their pick. They are also free to make trades.
 - i) If a pick that is currently “on the clock” is traded, the new owner will have the remaining time to make the pick, the clock does not reset.
 - ii) A rookie taken in the draft may be dropped before the NFL season begins without the franchise being penalized dead cap
 - iii) If a rookie taken in the draft is dropped before the NFL season begins and is then picked up again by the same team, again prior to the start of the season, the terms of the original contract will apply.
 - iv) The values of rookie contracts may be adjusted if the number of rookies picked is likely to be significantly lower or higher, or if the salary cap is increased.
 - v) Rookie contract lengths must be communicated to the commissioner within 2 weeks of the conclusion of the draft. If this is not done, the contract will be set to the minimum (2 years)
 - e) All rookies will receive a salary, based off the round and pick in which they were selected, and will have a maximum contract length, both based on the following chart:

Pick	Round 1	Round 2	Round 3	Round 4	Round 5
1	\$20 4 years	\$10 4 years	\$7 3 years	\$4 3 years	\$3 3 years
2	\$19 4 years	\$10 4 years	\$7 3 years	\$4 3 years	\$3 3 years
3	\$18 4 years	\$10 4 years	\$7 3 years	\$4 3 years	\$3 3 years
4	\$17 4 years	\$9 4 years	\$6 3 years	\$4 3 years	\$3 3 years
5	\$16 4 years	\$9 4 years	\$6 3 years	\$4 3 years	\$3 3 years
6	\$15 4 years	\$9 4 years	\$6 3 years	\$4 3 years	\$3 3 years
7	\$14 4 years	\$8 4 years	\$6 3 years	\$4 3 years	\$3 3 years
8	\$13 4 years	\$8 4 years	\$6 3 years	\$4 3 years	\$3 3 years
9	\$12 4 years	\$8 4 years	\$6 3 years	\$4 3 years	\$3 3 years
10	\$11 4 years	\$8 4 years	\$5 3 years	\$4 3 years	\$3 3 years
11	\$11 4 years	\$8 4 years	\$5 3 years	\$4 3 years	\$3 3 years
12	\$11 4 years	\$8 4 years	\$5 3 years	\$4 3 years	\$3 3 years
13	\$11 4 years	\$8 4 years	\$5 3 years	\$4 3 years	\$3 3 years
14	\$11 4 years	\$8 4 years	\$5 3 years	\$4 3 years	\$3 3 years

Values in red represent contract costs for compensatory or any other picks slotted into the end of a round for any reason. This table may be updated if the salary cap changes or the league is expanded or contracted. Any pick not shown on this table will be considered to have a \$1, 3 year maximum contract.

Off-season Free Agency:

- 1) All players who are not signed to a contract at the end of the fantasy season, will be considered a free-agent.
- 2) There are two types of a free-agents during the off-season: restricted free agents (RFA) and unrestricted free agents (UFA)
 - a) For a player to be considered an RFA, they must have had a contract of at least two years with a franchise
 - i) Any player considered an RFA may be bid on by all franchises during the free-agency period in the off-season
 - ii) The original franchise will then be able to match the highest bidder for the player and retain him, or decline the option and let him walk
 - iii) If there aren't any bids placed for a player by the end of the free-agency period, the original franchise may then sign the player for league minimum if they so choose
 - b) Any player signed to a one-year deal, or released by a franchise will be considered a UFA
 - i) A UFA, has zero ties to the previous franchise, and will be signed by the highest bidder during the free-agency period
 - c) If a player hits the free-agent market at any point in his tenure with the team, all contract restrictions are lifted if the player is signed back to the same team
- 3) Franchises may not sign any free-agents from January 1-March 31
- 4) The free-agency period will last from April 1-May 31
 - a) Bidding will be done through the league management service, with an 18 hour resetting clock for every new high bid, similar to the auction.
- 5) Franchises will have until the end of the preseason, to decide the length of a signed player's contract
- 6) After May 31, all unsigned players will be deemed UFA, and any franchise may then sign through the waiver wire.
 - a) All players signed before the season, must have their contracts submitted before the season starts, or they will be signed to a one-year deal

In-Season Free Agency

- 1) During the regular season, a Free Agent Acquisition Budget (FAAB) will be used for free agent pickups.
 - a) An owner's FAAB is the same as their cap space.
 - b) Blind bids will be put in for any free agents every week. Waivers will run every morning except for Monday and Tuesday mornings.
 - c) There is no "free" period - all free agents must be bid on.
 - d) Any players dropped will be put into the free agent pool, and will be locked for at least 3 days.
- 2) Free agents added during the season will be signed to a 1 year contract, and will be considered a free agent for the next season.
 - a) If an owner wishes to keep a player brought on mid-season, they must use one of their two franchise tags on them.

Trading:

- 1) Franchises may trade any player at any time, except after the trade deadline
 - a) The trade restriction will last from two weeks prior to the fantasy playoffs until December 31
 - b) Franchises may resume trading on January 1
- 2) Rookie draft picks are available to trade
 - a) Players and picks may be traded amongst each other
 - b) You may only trade picks up to three years in advance
 - i) Example: During the 2020 season, a franchise may trade their picks in the 2021, 2022, and 2023 draft
 - c) There is not a restriction on the amount of picks a franchise may trade
 - d) League dues are paid for any years that a draft pick is traded for.
- 3) Once traded, a player's salary and contract are then transferred to the new franchise immediately and the receiving team must remain under the cap
 - a) If a franchise cannot stay under the cap in the aftermath of a trade, the trade will be vetoed by the commissioner unless roster moves can be made to make the trade work.
- 4) Trades must be approved by the rules committee, and will only be vetoed in the event of collusion, or cap infringement. If a rules committee member is involved in the trade, they must recuse themselves and the commissioner will vote in their place.
- 5) Conditional trades are allowed, as long as the conditions are clearly laid out prior to the trade being accepted.

Retirement:

- 1) If a player retires while he's under contract, a franchise may release him with no salary cap penalty in subsequent years, regardless of how many seasons he has left on his contract.
- 2) A player must OFFICIALLY RETIRE with the league for this to be the case. Anyone who just "doesn't have a team" but who hasn't filed his retirement papers may not be released without the relevant salary cap penalty being assessed in the subsequent season
- 3) If a player returns from retirement while he still would have been under contract, he may be re-signed by the team holding the contract, even if he had been dropped.
- 4) If a player returns from retirement past the end date of the contract, he will be placed into the free agent pool and held to normal acquisition rules.

Regular Season:

- 1) The regular season will last as many weeks as to allow for a 3-week playoff with the championship one week before the final NFL regular season game.
 - a) As of 2020 this is 13 weeks, but will change if the NFL adds weeks to the schedule.
 - b) The schedule will be created by a computer before each season
 - c) The schedule will be made to play every team in the league at least once, with divisional foes being played multiple times.
 - d) If a doubleheader must be played, it will be scheduled for the last week before NFL bye games.

Playoffs:

- 1) Five franchises will make the playoffs
 - a) The conference champions will have a first round bye
 - b) Wild cards will be selected based on
 - i) Best Regular Season Record
 - ii) Season Points
- 2) The first round will last one week played between the two wild card teams, and the winner will move on to face the top ranked division champion
 - a) The second round will last one week, and the winners will move on to the league championship
 - b) The third round will last one week, and the winner will be crowned champion
- 3) Playoff game Tie-breakers will be decided by the sum of the five top bench players. If still tied, the tie breaker will be decided by the sum of the next 5 bench players. If still tied, the tie-breaker will be most points scored in the regular season

Scoring:

- 1) The scoring system will be PPR/IDP
- 2) Scoring details will be posted on the league management service
- 3) No changes to the scoring system will occur during the regular season under any circumstances.
- 4) Changes to the scoring system for the next year may be brought to the commissioner at any time, who will then present them to the rules committee. If the rules committee approves these changes prior to April 1st, they will be put in place for the next season. If after April 1st, they will be put in place for the following season.
- 5) The league management service scoring system will be official.
 - a) All scoring done by the system is final
 - b) If an error is made, and is obvious, we will consult the league management service support before taking any action
 - i) If the league management service determines an error has been made, we will take the necessary action to adjust
 - ii) If they determine no error has been made, the scoring is official
- 6) The the league management service ranking system will be the official ranks used, in determining performance bonuses
 - a) Holdouts, contract extensions, and tagging will also be based off these ranks
 - b) The ranks that are current, the day a transaction takes place, will be used

Transactions:

- 1) All transactions are final, there are only three reasons why a transaction may be reversed
 - a) If there is a cap infringement
 - b) If the league management service system bugs out
 - c) Collusion or cheating is found by the rules committee.
- 2) Any accidental transaction will not be reversed

League Officers

- 1) League Officers include:
 - a) Commissioner
 - i) Commissioner responsibilities include:
 - (1) Assembling league owners and ensuring all franchises have an owner.
 - (2) Collecting dues, paying prize money, and holding all league money in a zero-risk account.
 - (3) Updating and distributing the travelling champion's trophy.
 - (4) Setting up and paying for the league management service.
 - (5) Setting up startup, rookie, and free agent drafts.
 - (6) Setting league matchup schedules yearly.
 - (7) Track and report dead salary cap space for each team.
 - (8) Proposing rule changes to the rules committee.
 - (9) Resolve any league disputes
 - (10) Determine and execute any penalties assessed for rules violations
 - (11) Executing any salary cap increase or decrease
 - (12) Setting up conference realignment every three years
 - (13) Setting up new rules committee every two years
 - (14) Propose and execute any league expansion or contraction
 - ii) The Commissioner may be replaced only if 75% of league owners vote to remove. If the current commissioner resigns or is removed, a new commissioner will be elected and will be put in place with a 51% vote. If no new commissioner is selected by the beginning of the next league year, the league will be disbanded and all dues will be returned to owners.
 - b) 3-person rules committee
 - i) Committee responsibilities include:
 - (1) Reviewing rule changes proposed by the commissioner - must be approved by unanimous vote.
 - (2) Review any in-season rule violations. These may be brought to the rules committee by any league member. Assist commissioner in assessing any penalties.
 - (3) Review trades
 - (a) Trades may only be vetoed by unanimous vote, any committee member involved in the trade at hand must recuse themselves and the commissioner takes their place.
 - (b) Trades may only be vetoed if blatant cheating or collusion is found.
 - (4) Review any penalties or rule violations by the commissioner. 66% vote is required.
 - ii) Committee changes every two years. Committee members may not serve more than 2 terms consecutively. New members to be pulled from volunteers - if more volunteers step forward than are required, a random selection of volunteers will be assigned. If less volunteers step up than are required, a previous committee member may serve past the 2-year limit.

Penalties:

- 1) All owners are subject to penalties, up to and including removal based off any of these criteria
 - a) Collusion
 - b) Cheating
 - c) Team dumping
 - d) Overt tanking
 - e) Lack of activity or communication
 - f) Any offense that 100% of the rules committee agrees is worth a penalty.
- 2) Penalties may include loss of cap space, loss of draft picks, real money fines, or removal.
 - a) For a purely in-game penalty (cap space or draft picks), the penalty must be agreed to by the commissioner and 100% of the rules committee.
 - b) For any out-of game penalty (fine or removal), the penalty must be agreed to by the commissioner, 100% of the rules committee, and 75% of all league members.
 - i) Any fines levied will be placed in the league account and will reduce the service fee for league members in upcoming years.
 - ii) No fine will ever exceed 1 year's dues
 - iii) Any owner removed will not have any paid dues refunded.

League Expansion or Contraction:

- 1) League Expansion
 - a) If a league expansion is warranted, it must end with an even number of franchises
 - b) A league expansion draft will be held prior to the free agency period for the expansion teams.
 - c) All existing teams are allowed to initially protect 16 players.
 - i) For each player selected from their team, they will be allowed to protect an additional player.
 - ii) No more than 2 players may be taken from each franchise per expansion team
 - d) Players will be taken at their current salary, and may extend contracts an additional year at no charge.
 - e) Salary cap will be adjusted to match the new league size.
- 2) League Contraction
 - a) If a league contraction is warranted, it must end with an even number of franchises. This may mean that an expansion draft will occur directly following a contraction.
 - i) In any case, if a single franchise owner leaves or is removed from the league, every effort will be made to keep that team intact.
 - ii) If multiple franchise owners leave, the commissioner with the help of the rules committee will decide how many franchises will play in the next season.
 - b) Abandoned teams will be put on the free agent market
 - c) Salary cap will be adjusted to match the new league size.