

"Gentleman, this is football." Vince Lombardi

THE GMFFL

[GENERAL MANAGER (GM) FANTASY FOOTBALL LEAGUE (TM)]

This **Constitution** has four parts:

- 1) New Owner / Onboarding Guide [Page 2]*
- 2) Quick Reference Guide / Cheat Sheet [Pages 3-7]*
- 3) Full Constitution in Outline / Bullet form [Pages 8-15]*
- 4) Full Constitution [Pages 16-36]

Please note that **ChatGPT created the first three parts from the Full Constitution. They align properly. In the unlikely event of any discrepancy, the Full Constitution always applies.*

Welcome to **GMFFL**, and please ask any questions!

NEW OWNER ONBOARDING GUIDE

1. **Understand Roster Rules:** 22 players, must field minimum starters, unlimited IR, practice squad rules.
2. **Familiarize with Contracts:** NG, G, L – know penalties, deferral, advancement, extensions, holdouts.
3. **Track Transactions:** Weekly Free Agent Auctions, drop rules, trades, salary cap limits.
4. **Use Cheat Sheet:** Quick reference for scoring, contract modifications, and roster changes.
5. **Plan Playoffs:** Know seeding, tie-breakers, and highest-scoring loser rules.
6. **Budget Dues:** Pay \$150/year (\$300 for new owners), before Auction Draft.
7. **Participate in Auctions:** Rookie and August Auctions – maintain cap compliance.
8. **Engage with League:** Communicate with Commissioner for questions, trades, disputes.
9. **Have Fun:** Strategy, research, and enjoyment of GMFFL experience.

GMFFL Quick Reference Guide / Cheat Sheet

A fast, practical guide to all major league rules.

Table of Contents

1. Roster Basics
 2. Scoring
 3. Contract Types
 - Non-Guaranteed
 - Guaranteed
 - Locked
 4. Transactions
 - Free Agent Auctions
 - Drops
 - Trades
 5. Contract Modifications
 - Deferment
 - Advancement
 - Extensions
 - Holdouts
 6. Playoffs (Weeks 15–17)
 7. Payouts
 8. Off-Season
 - March 1
 - Rookie Auction
 - August Auction
 9. Dues
 10. Commissioner
 11. Have Fun!
-

ROSTER BASICS

- **22-man active roster** (must be full after August Auction).
- Must always be able to field: **1 QB, 2 RB, 3 WR, 1 TE, 2 Flex (one may be Superflex)**.
- **Unlimited IR** (NFL IR/PUP only; salaries count).
- **Practice Squad**: up to 4 rookies (from Rookie Auction only).
- **Salary Cap**: \$300

SCORING (Best Ball)

- Pass Yards: **1 / 25**
 - Rush Yards: **1 / 10**
 - Rec Yards: **1 / 10**
 - Receptions: **1 each**
 - TDs (all): **6**
 - 2-pt conversions: **2**
 - **Partial points apply**
-

CONTRACT TYPES

Non-Guaranteed (NG)

- In-season only.
- Drop penalty: **25%**.
- \$1 NG → free drop.

Guaranteed (G)

- 1–5 years.
- Salary +5% yearly.
- Drop Penalties:
 - **In-season**: 100% current salary + 10% future.
 - **Off-season**: 50% current + 10% future.
- May **defer**, not advance.

Locked (L)

- 2–5 years.
- Salary stays flat.
- Drop Penalties:
 - In-season: 100% current + 50% future.
 - Off-season: 50% of total remaining.
- May **defer and advance**.

TRANSACTIONS

Free Agent Auctions

- Wednesday night
- Saturday night
- Friday night (if NFL Saturday game)
- Must assign contract within 24 hours.

Drops

- Cannot drop a player who already played.
- Dropped after Wed/Sat 12:01 AM → not eligible until next auction.
- One **half-penalty** off-season drop.

Trades

- Player-for-player only.
 - Deadline: Week 11, 5 minutes before kickoff.
 - Reopens March 1.
 - Can trade salary obligations; receiving team must carry at least **\$1 per year**.
-

CONTRACT MODIFICATIONS

Deferment

- G/L only; not final-year.
- Up to 50% of salary.
- Every \$4 deferred → 25% bonus next year.
- If dropped → full deferred + bonus becomes dead cap.
- Max team deferrals: **\$60/year**.

Advancement

- Locked only; off-season.
- Increase this year, reduce future years.

Extensions

- One per contract (except max-length L).
- Franchising allowed 2× per player.

Holdouts

- Performance thresholds (2 years top finishes).
- Options: pay, trade, cut, stash.
- Stash: counts toward cap/roster; cannot play; returns after 7 games.

PLAYOFFS (Weeks 15–17)

- Seeds 1–4: record.
- Seed 5: points.
- Seed 6: all-play.

Week 15

- #1 chooses opponent (Thu 11 AM).
- #2 chooses opponent (Thu 4 PM).
- Winners + highest-scoring loser advance.

Week 16

- Highest seed picks opponent.

Week 17

- Winners play for Championship.

Ties: higher seed wins.

PAYOUTS

- 1st: \$850
 - 2nd: \$425
 - 3rd: \$175
 - Points Leader (Weeks 1–14): \$250
-

OFF-SEASON

March 1

- NG + expired contracts → Free Agents.
- Salary increases for G contracts.
- Holdouts + Franchise declarations.
- Trading opens.

Rookie Auction

- Roster limit temporarily **26**.
- Must have **\$1 cap** to participate.
- Rookies receive 3–5 year G/L contracts.

August Auction

- All Free Agents.
 - Must finish with **22 players**.
 - No salary moves 24 hours before/during.
-

DUES

- \$150 per year.
 - New owners: \$300 (extra \$150 held as insurance).
-

COMMISSIONER

- Ensures rule integrity.
 - Can rule unilaterally but uses sparingly.
 - Majority vote for decisions when used.
-

HAVE FUN!

This league is deep, strategic, and competitive—enjoy the ride!

GMFFL League Constitution & Rulebook

Table of Contents

1. Overview
 2. Roster Rules
 - Active Roster
 - Injured Reserve
 - Practice Squad
 3. The Season
 - Schedule
 - Lineups
 - Scoring
 4. Assembling Your Team
 - Initial Auction
 - Contracts & Types
 5. Transactions
 - Adds
 - Drops
 - Trades
 6. Contract Re-Negotiation
 - Deferment
 - Advancement
 - Extensions
 - Holdouts & Stashing
 7. Playoffs
 8. Payouts
 9. The Off-Season
 - Rookie Auction
 - August Auction
 10. Dues
 11. Commissioner Mandate
 12. Final Note
-

1. Overview

Welcome to the GMFFL—an advanced fantasy football league built on strategy, contracts, auctions, best-ball lineups, and deep roster management. This Constitution governs all rules, procedures, and systems that define the league. There is a \$300 **Salary Cap** in place.

2. Roster Rules

2.1 Active Roster

- Maximum Active Roster size: **22 players** at all times.
- No minimum roster size except immediately following the **August Auction**, when all 22 slots must be filled.
- Throughout the season, each team must be able to field a legal lineup:
 - **1 QB, 2 RB, 3 WR, 1 TE, 2 Flex (one may be Superflex)**; Best Ball automatically fills these.

2.2 Injured Reserve (IR)

- Unlimited IR spots.
- Must be on **NFL IR** or **NFL PUP** to qualify.
- When activated or Designated to Return by NFL team:
 - If activation occurs **before early Sunday kickoff** → must activate immediately.
 - If after early Sunday kickoff → may activate anytime until **Tuesday**.
 - If activation requires dropping a player, the drop must be someone who has **not yet played** that week.
- IR players may be traded or dropped.
- Salaries count against the cap.

2.3 Practice Squad (PS)

- Up to **4 players**, optional.
- Only Rookie Auction players are eligible.
- PS players:
 - Count against salary cap.
 - May be promoted anytime; spot is not backfilled.
 - Cannot defer contracts.
- Drops: No penalty except **25% of Year-1 salary** for rookies dropped during their first season on the PS before the August Auction.

Stealing PS Players

- Allowed from after Rookie Auction designations → Wednesday before Championship.
- Process:
 - Email league with player + higher bid.

- Owner has **48 hours** to match + promote, or lose the player.
 - If claim occurs within 48h of NFL game and owner does not respond → automatic promotion after the NFL week.
 - Stolen players must go to **Active Roster**.
 - Temporary moratorium exists after Rookie Auction until contracts are submitted.
-

3. The Season

3.1 Schedule

- 14-week regular season.
- Each team plays:
 - **8 teams once**
 - **3 teams twice**
- Matchups are head-to-head; ties remain ties.
-

3.2 Lineups (Best Ball)

- Highest scorers automatically fill starting lineup.

3.3 Scoring

- Passing: **1 point / 25 yards**
 - Rushing: **1 point / 10 yards**
 - Receiving yards: **1 point / 10 yards**
 - Receptions: **1 point each**
 - TDs (pass/rush/rec/return): **6 points**
 - Two-point conversions: **2 points**
 - Partial points apply.
-

4. Assembling Your Team

4.1 Initial Auction

- 22-round auction to fill full roster.
- Minimum bid: **\$1**.
- All 22 spots must be filled.

4.2 Contracts

- Purchase price becomes salary.
- All newly acquired players must receive either a:
 - **Guaranteed Contract**, or

- **Locked Contract.**
- Non-Guaranteed Contracts only allowed for in-season free agents.
- All percentages rounded **up**.

4.3 Contract Types

Non-Guaranteed (NG)

- Only for in-season acquisitions.
- Drop penalty: **25% of salary** (rounded up).
- \$1 NG players may be dropped free.

Guaranteed (G)

- 1–5 years.
- Salary increases **5% annually (rounded up)**.
- Drop penalties:
 - **In-season:** 100% of current salary (minus \$1 before deadline), plus **10% of remaining years**.
 - **Off-season:** 50% of current salary + 10% of remaining years.
- May **defer** but not **advance** salary.

Locked (L)

- 2–5 years.
- Salary does **not** increase.
- Drop penalties:
 - **In-season:** 100% current salary + 50% remaining years.
 - **Off-season:** 50% of total remaining value.
- May **defer and advance** salary.

5. Transactions

5.1 Adds (Free Agents)

- FA Auctions on:
 - Wednesday night
 - Saturday night
 - Friday night when NFL plays Saturday
- Must assign contract within **24 hours** or before player's next kickoff.
- Open roster spots can only be filled via FA Auctions.
- Cap compliance email required next morning.
- One pre-season FA Auction after the August Auction.
- Players who played Thursday cannot be added Saturday.

5.2 Drops

- Cannot drop a player who has already played.
- Players dropped after 12:01 AM Wed or Sat → cannot be added until **following** auction.
- One **reduced-penalty drop** each off-season: half normal penalty.

5.3 Trades

- Player-for-player only.
- Allowed until Week 11, 5 minutes before each player's kickoff.
- Reopens March 1.
- Incoming players must fit roster + cap.
- Traded money:
 - Can carry any amount of future salary.
 - Player must carry at least **\$1/year** on receiving team's books.
 -

6. Contract Re-Negotiation

6.1 Salary Deferment

- Allowed for **G and L** contracts.
- Not allowed:
 - NG contracts
 - Final-year players
- Up to **50%** of salary may be deferred.
- For every **\$4 deferred**, add **25% one-year bonus** next season.
- If dropped after deferring → full deferred amount + bonus becomes dead cap.
- Team limit: **\$60 deferred per season**.

6.2 Salary Advancement

- Only allowed for **Locked** contracts.
- Off-season only.
- Increase current year salary; reduce later years.
- Must leave **≥\$1** in each year.

6.3 Extensions

Franchise Tag

- One per team per year.
- 1-year Locked contract.
- Salary = higher of:
 - 120% of last year's salary
 - Average of top positional earners.

- May be franchised up to **2 times total**.

Pre-Expiration Extension

- Must be declared before final contract year.
- Only allowed once (except max-length Locked contracts).
- Guaranteed → becomes Locked.
- Locked → may extend as Locked or Guaranteed.
- All existing years become Locked.

6.4 Holdouts

- Eligible if:
 - Player has finished **2 years** of contract with ≥ 1 year left, or
 - Contract was extended
- Two tiers of performance-based raises.
- Owner options: Pay, trade, cut, or **stash**.
- Repeat holdouts allowed only in specific scenarios.

Stashing

- Player counts toward roster + salary.
- Cannot play.
- After 7 missed NFL games → returns to team.
- May be stashed up to **2 consecutive seasons**.
- After being stashed once → cannot be extended or franchised.

7. Playoffs (Weeks 15–17)

7.1 Seeding

- Seeds 1–4: Best records.
- Seed 5: Most Points Scored.
- Seed 6: Best All-Play.

7.2 Week 15

- #1 seed chooses opponent (due Thu 11 AM ET).
- #2 seed chooses next (due Thu 4 PM ET).
- Winners + highest-scoring loser advance.

7.3 Week 16

- Highest seed chooses opponent.
- Other two teams play.

- Eliminated teams play as well.

7.4 Week 17

- Winners of Week 16 play for Championship.

7.5 Third Place Game

- Best All-Play (Weeks 15–16) vs. Most Points (Weeks 15–16).

7.6 Ties

- Higher seed wins.
-

8. Payouts

- **1st Place:** \$850
 - **2nd Place:** \$425
 - **3rd Place:** \$175
 - **Regular Season Points Leader (Weeks 1–14):** \$250
-

9. The Off-Season

9.1 Timeline

- Begins March 1.
- NG contracts expire; G/L expiring players become free agents.
- Guaranteed contracts receive annual increases.
- Holdouts + franchise decisions occur on March 1.
- Trading reopens.

9.2 Cap Rules

- Hard cap lifted until one week before August Auction.
- **Exception:** Hard cap applies during Rookie Auction.

9.3 Rookie Auction

- Held after NFL Draft.
- Temporary roster limit: **26**.
- Rookies must receive **3–5 year G or L** contracts.
- Must have \geq \$1 cap space to participate.
- No in-auction deferrals.

9.4 August Auction

- All free agents available.
 - Drops end beforehand; trades allowed.
 - All teams must finish with **22 players**.
 - No salary changes (advance or defer) during the 24 hours before or during the Auction.
-

10. Dues

- Due one week before the August Auction.
 - Standard season dues: **\$150**.
 - New owners: **\$300** (extra \$150 held as insurance).
 - Extra \$150 is refunded if a suitable replacement is found.
-

11. Commissioner Mandate

- Ensures league integrity and operation.
 - Interprets rules and resolves disputes.
 - Holds unilateral power but should use it sparingly.
 - Early seasons: broader authority.
 - Votes determined by majority of non-abstaining GMs.
-

12. Final Note

Have Fun!

Welcome to the GMFFL—thanks for being part of the league!

FULL CONSTITUTION (updated 2/10/19)

In this keeper league, each of you will take on the role of a General Manager (GM). Typical fantasy football leagues require Owners to act much like Coaches, dealing with weekly match-ups and day-to-day Add/Drops. This Twelve-Team League focuses the attention of you, the GM, on creating and sustaining a Roster, for the short- and/or long-term. Plus, unlike in any other League, Simulated Natural Events could have a significant impact on your Team and on the League! In other words, you are truly the GM of your Team -- you make your own decisions, and you are subject to the world around you! Welcome aboard...

WHAT YOU NEED TO KNOW TO START

1. Create a Team via Auction with Salaries
2. Give each Player a Contract (different Contract types have different advantages and disadvantages)
3. Make Adds, Drops and Trades and/or Re-Negotiate Contracts and/or Adjust Salaries
4. No Line-Ups to set, no match-ups worries to consider, so relax a little during the Week
5. Stay attuned in the Off-Season with trading and a Rookie Auction, and hope that luck is with you as we Simulate Natural Events for the entire League!
6. Prepare for the next Auction and the next Season...

Grandfathered status:

Any player with a guaranteed or locked *before the Rookie Auction of 2015* is grandfathered in for specific rules. These players neither hold out nor may be extended. Otherwise, they follow all rules in the constitution the same as any other player.

THE BASICS

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." Tom Landry

Salary Cap

There is a Team Salary Cap of \$300 for each Team. At no point and under no circumstance during the Season may the current Salaries of all Players and Roster Spots on a Team exceed \$300.

"When it comes to football, God is prejudiced - toward big, fast kids." Chuck Mills

Rosters

Stats Scored each Week for nine (9) Players::

1 QB
2 RB
3 WR
1 TE
1 FLEX (QB, RB, WR or TE)
1 FLEX (RB, WR or TE)

Roster Limits

The Maximum Active Roster Limit is twenty-two (22). A Team may never exceed the Maximum Active Roster Limit.

There is no Minimum Roster Limit at any point except for immediately after the August Auction, when all 22 spots must be filled. During the Season, however, every Team must be able to field a full Starting Line-up (i.e., have at least 9 players with at least 1 QB, 2 RBs, 3 WRs, and 1 TE).

Injured Reserve: Any number of players may be placed on IR from the active roster (in addition to the 22 Active Spots). To be eligible, they must either be on the NFL IR or the NFL PUP during the regular season. A player Designated-to-Return by his NFL team **MUST** then be activated immediately in GMFFL. In addition, a player removed from the PUP list by his NFL team **MUST** then be activated immediately in GMFFL. Otherwise, he may remain on the IR. Players on the IR may be cut (according to the rules below) or traded. Their salaries **DO** count against the Team Salary Cap.

Any player activated off IR before kickoff of early games on Sunday **MUST** be activated immediately with a corresponding drop made, if necessary. Any player activated off IR after kickoff of early games on Sunday **MAY** be activated any time from that point and by Tuesday of the following week at the latest. Moreover, if a player needs to be dropped to accommodate that move, then he must not yet have played his NFL game for the week.

The Brent Hundley Practice Squad:

1. A 4-player PS. Optional -- you may place 0-4 players on the PS. Salaries **DO** count against the cap.
2. May be promoted at any time to the Active Roster*; the PS space is not back-filled.

3. Only players won at the Rookie Auction are eligible and must be designated as PS players when Rookie contracts are given.
4. A PS traded before Rookie contracts are given may be placed on the new team's Active Roster or PS.
5. In the time after the Rookie Auction before contract designations are due, Rookies may be freely promoted or moved to the PS and contracts may be adjusted.
6. At all other times, PS Player traded to another team must be placed on the acquiring team's Active Roster.
7. Contracts are given the same as any other player. **Exception: Players on the PS may NOT have their Contracts Deferred.*
8. There is no penalty for dropping a player from the PS. **Exception: From the end of the Rookie Auction up until Rosters are locked before the August Auction, there is a 25% drop penalty of the first-year salary for a Rookie on the PS! This only applies to Rookies won in that season and not to players in at least their second year on the PS.*
9. Stealing a player on another team's PS:

--Can only be done from AFTER the Rookie Auction's rookies are designated as PS players through the Wednesday before the Championship Game of the season.

--If you want to steal a player, email **the entire league** with the name of that player AND a salary bid (which must be higher than the current unadjusted (i.e., before advancements, deferrals, etc.) salary).

--The owner of the player has 48 hours to decide to match the specified salary AND promote that player or let that player go to the other team. If the claim is placed within 48 hours of that player's NFL game and the owner of the player has not made a decision by kickoff, then the player is promoted AFTER the conclusion of all that week's NFL games (i.e., Monday night / Tuesday morning) of the following week. In either case, the length of the contract does not change.

--During that 48-hour window, the Stealing Team and the Team currently owning the player may engage in trade talks that include the to-be-stolen player at his increased contract.

--That player must be moved to the Active Roster (and not back to the PS) in all cases.

*An owner whose PS player is playing or has already completed his NFL game that week may notify the league by email of his intent to promote the player after that week's games. That player may not be stolen, and that player must be promoted. In addition, you must immediately note which Player on the Active Roster will be Dropped at the beginning of the next week.

--*There is a brief moratorium on Steals from after the Rookie Auction and the August Auction until all Contracts are due (exact date to be determined by the Commissioner). At that point, there will be a window where all Teams may submit claims to the Commissioner, noting in the subject line that it's a Taxi Squad claim. In the event of multiple teams submitting a claim on the same player, the higher bid would be the official claimant. In the event of a tie bid, all teams tying will have the opportunity to increase their bid one time. If there remains a tie after that, then the Stealing team will be determined randomly. During this moratorium, players on the T.S. may not be traded (though all other trades are allowed). If that player was already promoted in those 48 hours (which the team that currently holds him may do), then the claim(s) become null and void.*

"Pro football is like nuclear warfare. There are no winners, only survivors." Frank Gifford

THE SEASON

"I wouldn't ever set out to hurt anyone deliberately unless it was, you know, important—like a league game or something." Dick Butkus

Schedule

Each Week for 14 Weeks, each Team will play Head-to-head against another Team. The schedule will be randomized every year so that, each season, every Team plays eight Teams once and the other three Teams twice. The schedule will be randomized by the league's host website. Whichever Team Scores more Points earns a Win; whichever Team Scores fewer Points earns a Loss; and Ties are counted as such.

"In the football match, everything is complicated by the presence of the other team." Jean Paul Sartre

Line-Ups

Starting Line-Ups are by Best-Ball Format. Of the Players on your Team, the ones that score the most Points each Week at each Position are automatically put into your Starting Line-Up.

"If it doesn't matter who wins or loses, then why do they keep score?" Vince Lombardi

Scoring

1 Point for every 25 yards Passing

*"When it's third and ten, you can take the milk
drinkers
and I'll take the whiskey drinkers every time." Max
McGee*

1 Point for every 10 yards Rushing

1 Point for every 10 yards Receiving

*"I want to rush for 1,000 or 1,500 yards, whichever
comes first." George Rodgers*

1 Point for every Reception

6 Points for every Rushing, Receiving,
Passing and Return TDs

*"If God had wanted man to play soccer,
He wouldn't have given us arms." Mike Ditka*

2 Points per Player for every 2-point
Conversion

Scoring will be by Partial Points, so that 11 yards rushing, for instance, would be worth 1.1 Points.

*"I got into a few games after they were hopelessly won or hopelessly lost,
you know, when they put the substitutes in, and finally the water boy, and then me.
That is the way it worked." Richard M. Nixon*

ASSEMBLING YOUR TEAM

****Note:** All percentages are rounded up.**

"He who gets the best players usually wins." Bobby Bowden

The First Season's Auction

Teams are created by Auctions. The first Season's Auction consists of seventeen (22) Rounds. Each GM will, in turn, nominate a Player, with that Player being Added to the Team whose GM bid the highest amount. The entire Roster of 22 Players MUST be filled during the Auction. Players may be nominated at any whole dollar amount with a minimum of one dollar (\$1).

*"I'm really happy for Coach Cooper and the guys who've been around here
for six or seven years, especially our seniors." Bob Hoying*

Player Contracts

The amount that a GM pays for a Player becomes the Player's Salary. Within a predetermined time after the conclusion of the Auction -- set by the Commissioner -- every

new Player on a Team must be given either a Guaranteed or Locked Contract (NOT a Non-Guaranteed Contract).

*Note: All contract adjustments are made manually and double-checked by the Owner and by other Owners. This should help ensure that all contracts are done correctly. In the event a mistake is discovered later, the player's contract will be corrected immediately at any point in the off-season or in-season.

*"This is a dirty business...
No guaranteed contracts, and that is the worst thing about it." Terrell Owens*

(1) NON-GUARANTEED CONTRACT

-Non-guaranteed: May ONLY be given to free agents acquired in-season. Dropping costs 25% of salary (rounded up) as Dead Cap Hit. Exception: Players won in-season for \$1 may be dropped with no Dead Cap Hit.

*"It feels good to extend my contract here.
From the coaches to the front office, they are the coolest people
I have been around since becoming a pro-football player." Bashir Levingston*

(2) GUARANTEED CONTRACT

-A Player with a Guaranteed Contract can have his Contract Guaranteed for 1-5 total years, including the year in which he was won in the Auction or during Free Agency. He is a Free Agent at the end of his Contract. *Note: a Player may be given a one-year Guaranteed Contract so that his salary comes off the books at the end of the season but still incurs a cap penalty for being dropped in-season.*

All Guaranteed Contracts by 5% Rounded Up each year.

A Player with a Guaranteed Contract may be Dropped during the Season or during the Off-Season subject to a moderate Penalty.

--During the Season: The penalty for Dropping a Player with a Guaranteed Contract 100% (less \$1*) of current year's salary (minimum: \$1) and 10% of all years' remaining salary as Dead Cap Hit as a Dead Cap Hit. *Note: All teams may DROP players throughout the playoffs even if they are eliminated.*

*Only up until the Trade Deadline; after that, then the penalty is 100% of the current year's salary.

--During the Off-Season: A Player may be Dropped at any point in the Off-Season up until Keeper Designations are due (see below). A Player with a Guaranteed Contract that is Dropped during the Off-Season has a Dead-Cap Penalty for the upcoming Season of 50% of his Salary and 10% of all years' remaining salary.

--A Player with a Guaranteed Contract may have his Contract Deferred (see below) but may not have his Salary Advanced (see below).

Note: When you drop a player, his salary cap hit is taken immediately. But, if part of his salary is carried in future years by another owner, the other owner does NOT take as an immediate DCH all the contract amounts that he is holding for future years.

"Yes, risk taking is inherently failure-prone. Otherwise, it would be called sure-thing-taking." Jim McMahon

(3) LOCKED CONTRACT

-A Player with a Locked Contract can have his Contract locked for 2-5 total years, including the year in which he was won in the Auction or during Free Agency. In all cases, the Salary does not increase in subsequent Seasons.

-A Player with a Locked Contract may be Dropped during the Season or during the Off-Season subject to a moderate Penalty.

--During the Season: The penalty for Dropping a Player with a Locked Contract during the season is 100% of current year's salary and 50% of all years' remaining salary as Dead Cap Hit (i.e., 50% of the total remaining value of the contract). *Note: All teams may DROP players throughout the playoffs even if they are eliminated.*

--During the Off-Season: A Player may be Dropped at any point in the Off-Season up until Keeper Designations are due (see below). A Player with a Locked Contract that is Dropped during the Off-Season has a Dead-Cap Penalty for the upcoming Season of 50% of the total remaining value of the contract.

--A Player with a Locked Contract may have his Contract Deferred (see below) and/or may have his Salary Advanced (see below).

TRANSACTIONS

"I had pro offers from the Detroit Lions and Green Bay Packers,

*who were pretty hard up for linemen in those days.
If I had gone into professional football,
the name Jerry Ford
might have been a household name in the world today.” Gerald R. Ford*

Adds

Each Wednesday night and Saturday night during the Season, there will be a Blind-Bid Free Agent Auction running as run by myfantasyleague.com. There will also be an additional Friday night auction in weeks where the NFL has a Saturday night game. These players may be given Non-Guaranteed Contracts, Guaranteed Contracts, or Locked Contracts, subject to the rules above, within 24 hours of acquisition or kickoff of their next NFL game, whichever comes first. If no declaration is made in that time, then they are automatically given a Non-Guaranteed Contract.

**Exception: After the Trade Deadline, a team that wins a player back in the first auction immediately after they dropped that player may only give him an NG contract.*

If a Team has an open Roster spot at any other time, it may NOT be filled via Adds until the next Free Agent Auction; the only way to Add a Player is at the weekly Free Agent Auction.

All Players won must fit under the Salary Cap, and instructions for doing so [i.e., Re-Negotiations (see below) and/or Salary Adjustments (see below)] must be emailed to the Commissioner the morning after the player(s) is(are) won.

There are no Adds during the Off-Season except for one Free-Agent Auction prior to the start of the Season and after the Auction.

Players who played on Thursday may NOT be Added on the Saturday night Free Agent Auction.

All teams may Add players throughout the playoffs.

Note: Players on NFL Practice Squads are considered Free Agents in GMFFL.

Note: Players not in the GMFFL Database may be manually added by the Commissioner for an Owner to Add to their Team.

“And now for the easiest part of any coach’s job: the cuts.” Homer Simpson

Drops

A Player may be Dropped at any time except after he has played his weekly game (e.g., if a Player plays on Thursday, then he may not be Dropped on Friday), subject to the terms of his Contract. When Dropped, he becomes a Free Agent and is available to be Added at the next Free Agent Auction (exception: Players Dropped during Season after 12:01 EST on Wednesday = or after 12:01 EST on Saturday are NOT eligible to be Added until the FOLLOWING Free Agent Auction).

All teams may Drop players throughout the playoffs.

Reduced Dead Cap Hit Drops: Each off-season each owner may Drop one current player from his roster for half of what it would cost according to the rules above (rounded up, minimum \$1). Once a player is dropped with this reduced cap hit, the half off may not be used by that team again in the same off-season on a different player instead. The use of the half-off must be declared when the player is dropped and may not be used retroactively on a previously-dropped player.

"We can't run. We can't pass. We can't stop the run. We can't stop the pass. We can't kick. Other than that, we're just not a very good football team right now." Bruce Coslet

Trades

Trades are for Players only and must be player(s) for player(s). Trading during the Season is permitted up until five-minutes before Kick-Off for each player's game (i.e., Thursday for some, Sunday for others) in the week leading up to Week 11 of the NFL regular season. Trading opens up again at the start of the next GMFFL Season (i.e., March 1st).

For any Trade, each Team must be able to fit the Players acquired in the Trade into his Salary Cap and within the Maximum Roster Limits. If necessary, he may Drop, Re-Negotiate (see below) and/or Adjust the Salary (see below) of current Player(s) on his Roster (including the one(s) that he just received but not the one(s) that he Traded); instructions for doing so MUST accompany the Trade. Any Player Traded carries his Contract with him.

A player may take as Dead Cap Space a player's contract when trading him money both in the current year *and in future years*. Money may be spread out in any amount over the length of the contract. Note that, at minimum, a traded player must carry with him at least a \$1 Salary for each Year remaining on his contract.

CONTRACT RE-NEGOTIATION

Salary Deferment

Players on the Active Roster who are signed to Guaranteed or Locked Contracts have the opportunity to have their Salary Deferred at any time (up until approximately one week before the August Auction and through the August Auction) and as often as desired over the duration of the Contract. Players signed to a Non-Guaranteed Contract do not have this privilege. In addition, a Player in the last Year of his Contract may NOT have his Salary Deferred.

-During the Season: A Player may have up to half his Salary (note: this does NOT include any Salary bump from previous Deferrals; the half is rounded up) Deferred. If the Salary is Deferred during the Season, then this money is Deferred to the next Season and added to the Player's Contract for the following Season. In addition, for every \$4 Deferment (cumulative at the end of the Year, adding up the sum of all Deferred money), an additional 25% the value of the Deferred Salary are added as a one-Year Bonus to his Salary for the next Season and the next Season only.

If a Player with a Deferred Salary is Dropped during the Season in which his Salary is Deferred or in the off-Season after having his Salary Deferred, then the Salary Deferred (including the additional 25%) MUST be carried in full as Dead Cap money in the Season in which he is Dropped.

-During the Off-Season: If a Salary is Deferred during the Off-Season, then the same terms apply as above but the Salary decrease comes in the upcoming Season, and the Deferred Salary is counted in the Season after that.

Over the course of a Season, a Team may Defer at most \$60.

*"I held out for 12 days.
It was a wonderful decision financially and a horrible decision football-wise.
Being completely honest, if I had to do it all over again,
I'd have sacrificed the \$2 million I made
to be a better football player my first couple years." Trent Dilfer*

Salary Advancement

Salary Advancements are permitted as often as desired for any Player under a Locked Contract at any point during the Off-Season ONLY. A GM may Advance a Salary of Locked Player for that Year by increasing the Salary as much as desired and by reducing the amount of the Advancement from future Years (prorated, with the lowest Salary, if uneven, working backwards from the last Year of the Contract). The Player, however, must have at least \$1 left on his Contract for every Year remaining. Such designations are due by email to the Commissioner by 5 minutes before kickoff of the first NFL game of the season.

If, because part of the Salary being held by another Owner as the result of a Trade, the Player's Salary for future years is uneven, then Advancement is used to even out future years' Salaries first.

Note: Below, any time that "contract value" is mentioned below, it is implied the value of the contract absent advancements, deferrals, or money held in trade. Thus, a contract's value is the auction price (or the increased price in a Guaranteed Contract) OR is the new price based on a Franchised Player, Contract Extension, or Hold-Out.

Contract Extensions

Franchise: Each owner may designate up to one player each year, whose Guaranteed or Locked contract has expired (i.e., was not dropped), as a Franchised Player. That player is given one additional year as a locked contract. That player must be designated as such, say, 7 days before the August Auction. His contract is 120% of his final year's contract or the average of the top-3 QBs, top-6 RBs, top-8 WRs, or top-3 TEs from the previous year, whichever is higher. He may be franchised up to two seasons total regardless of whether or not it is the same or a different owner who gave the Franchise designation. A player whose contract has expired but is Franchise Tag-eligible may NOT be traded unless he immediately Franchised by the team that acquired him. You also may Franchise a player who has been extended whose contract runs out.

Before the Contract Expires: Any player -- declarations must be made by, say, 7 days before the August Auction in which he is entering his final year -- may have his contract extended for only one time. A player currently on a guaranteed contract MUST be extended with a locked contract whose value is that of the player's last year of the contract (and all remaining years on his original contract become locked); a player currently on a locked contract may be extended with a locked or guaranteed contract based on his contract value (and all remaining years on his original contract remain locked). The maximum extension in any case is the length of the original contract (exception: a Locked contract of maximum length (5 years) may be extended indefinitely).

In all cases, a Player Extended has all of his original Contract years remain as (in the case of an original Locked Contract) or converted to (in the case of an original Guaranteed Contract) Locked years.

Example: Player X is on a \$4 3G-2018 contract (and it's 2017). If you extend him by 2 years, then it becomes a \$5 4L-2020 contract immediately. Note: if you have previously advanced salary, then the salary still comes off on the years prior to the extension (example: I have a player on a 3L-2020 contract for \$10/year. In 2018, I advanced \$10, leaving him with a \$5 salary in 2019 and in 2020. If I extend his contract for three years, then his new contract would be 5L-2023 for \$10 with a \$5 salary still in 2019 and 2020. If I were to advance more money after the extension, then it comes off the end years of the salary first until the annual salary is equalized.).

Exception: one player won in the 2015 August Auction was retroactively allowed to have his contract extended for up to twice the length of his original contract. Such designation is noted in the player's comment section.

All contract extensions are subject to the same rules as hold-out contracts below.

Hold-outs (i.e., market correction); determinations must be made by, say, 7 days before the August Auction

Note: Rookie Players on their Rookie Contract who were won at the Rookie Auction will not hold out (this exception is voided if the player's contract is extended). Note: only a Player won at the Rookie Auction and assigned a Contract at that time is considered to be on a Rookie Contract.

Note: A Player Dropped in-season, Added, and given a new Contract would NOT be exempt from holding out his first two years.

Note: A Player Holding Out cannot have money Deferred.

Any player who has already completed at least two years of his contract and has at least one year remaining would holdout subject to the terms below. A player who has had his contract extended would also hold out if eligible regardless of how many years into his extension he is. *Note: a player who is holding out may NOT have his contract extended, if eligible. Note: A player who holds out and gets paid will also NOT hold out for two years (i.e., if he is paid in 2017, then he would play in 2017 and 2018 and would be eligible to hold out in 2019).*

Any QB or TE who finished in the top-8 at his position in both of the previous two years; any RB who finished in the top-16 in both of the previous two years; or any WR who finished in the top-24 in both of the previous two years will hold out for a new contract. The new contract has

the same status (e.g., G or L) as the previous contract and the same number of years. The salary increases.

The terms of the contract is the average of the top-8 highest-paid QBs' salary at the beginning (i.e., after the August Auction) of the previous year for QBs (regardless of his stats); the top-8 TEs' for TEs; the top-16 RBs' for RBs; or the top-24 WRs' for WRs.

Exception: if the player's current contract value exceeds this amount, then he does not hold out.

Any QB or TE who finished in the top-3 at his position in both of the previous two years; any RB who finished in the top-6 in both of the previous two years; or any WR who finished in the top-8 in both of the previous two years will hold out for a new contract with a higher salary than listed above.

The terms of the contract is the average of the top-3 highest-paid QBs' salary at the beginning (i.e., after the August Auction) of the previous year for QBs (regardless of his stats); the top-3 TEs' for TEs; the top-6 RBs' for RBs; or the top-8 WRs' for WRs.

Exception: if the player's current contract value exceeds this amount, then he does not hold out.

In the event of a hold-out, the current owner has four options: (1) Give the player a new contract subject to the terms above, (2) trade the player, (3) cut the player subject to the contractual terms of his pre-hold-out contract, or (4) stash the player (see below). If any of these players is traded before receiving a new contract, then the new owner may either give that player a new contract, cut that player, trade the player, or stash the player.

A player may NOT hold out multiple times in the same original contract subject to the following exceptions: (1) A player extended may hold out again; (2) A player successfully stashed may hold out again; and (3) a player on a contract of six years or more may hold out multiple times with, at minimum, a two-year wait period after receiving a salary increase from a holdout.

As soon as the Season ends, a memo will go out listing all the players holding out.

Stashing a player. A stashed player will count both for roster limits and for the salary cap at his current salary, but he will not be eligible to play in weekly games. At any time before the player has missed 7 NFL games (i.e., after Week 7 for players who have not had their bye and after Week 8 for players who have had their bye), an owner may opt pay, trade, or release the player (if traded, he is subject to the same holdout scenarios).

After the player has missed 7 NFL games, the player will then drop the holdout and return to the team at his current salary. He will then be eligible to play in weekly games.

The following season, the player, if eligible, would hold out again. A player may be stashed for up to two consecutive seasons, after which that option would be unavailable for a holding-out player.

In addition, any player who missed 7 NFL games (who therefore returns to the team at the current salary) is ineligible to have his contract extended (which means he also may not be Franchised). This takes effect the first time that a player is stashed.

*"Tis the day before Christmas and all through the league,
The upcoming playoffs are filled with intrigue.
Who will be left standing when it's all said and done?
Who will proclaim, 'We did it, we won!'"*
Bob Frantz

PLAYOFFS (3 Weeks)

The top six Teams make the Playoffs after Week 14. The top 4 Teams by record will be seeded #1 to #4. The #5-seeded Team will be the remaining team with the most points scored. The #6-seeded Team will be the remaining team with the best all-play record.

The Playoffs are played in Weeks 15-17.

- In Week 15, the #1 seed will get to choose their 1st-round opponent among the four bottom-seeded teams. The choice must be made by 11AM ET Thursday. (If no choice is made by that time, they will play the #6 seed). Once the #1 seed has made their choice, the #2 seed will then have until 4PM ET Thursday evening to choose their opponent between the other three bottom seeds (If no choice is made by a team at its deadline, it will play the lowest-remaining seed available). The remaining two playoff seeds will then also play each other.
- The three winners from Week 15 AND the loser with the highest score for Week 15 will move on to Week 16.
- In Week 16, the top seed still alive in the playoffs will get to choose their opponent for the 2nd round of the playoffs. The choice must be made by 11AM ET Thursday (If no choice is made, they will play the lowest seed of the remaining three teams). The other two teams alive in the playoffs will play each other as will the two eliminated playoff teams (this might affect our third-place game).
- In Week 17, the winners of the two Week 16 games will play each other for the GMFFL Championship.

- The third place game will take place between the playoff team not in the finals with the best All-Play record during Weeks 15 and 16 and the playoff team with the Most Points Scored during those weeks. If this is the same team, then it goes to the team with the second-most Points Scored. (This means that teams eliminated in Week 15 are still eligible for the third-place game).
- In the event of a Tie, the higher-seeded Team Wins and advances.

*"The only yardstick for success our society has is being a champion.
No one remembers anything else." John Madden*

Payouts

(Taken from league dues for the year less website dues.)

1st Place	\$850
2nd Place	\$425
3rd Place	\$175
Regular Season Points Champ Weeks 1-14	\$250

*"So instead of the Super Bowl, we've got the Stupor Bowl.
Two once-proud teams, now 0-4 and stumbling through the season like zombies.
And if you think the Cowboys are bad (and they are),
the Redskins are so bad that every few plays you have to put a mirror
under their noses to make sure they're still breathing." Tony Kornheiser*

THE OFF-SEASON

The Off-Season begins on March 1st of every year and continues until about one week before the August Auction. At the beginning of the Off-Season, all Players on Non-Guaranteed Contracts and all Players who have just completed the last Year of their

Guaranteed or Locked Contracts become Free Agents. All Players on Guaranteed Contracts have their Salaries increased, and all Players on Guaranteed and Locked Contracts are retained on their current Teams. Players who Hold Out or are eligible for being Franchised do so on March 1st. In addition, March 1st is the opening of Trading for the off-season.

The Hard Cap is NOT in effect from after the Superbowl until approximately one week before the August Auction (exact date to be determined by the Commissioner). **Exception: During the Rookie Auction, the \$300 hard cap IS in effect.*

There are three unique events that happen in the Off-Season.

1. The Rookie Auction

In April (or shortly following the NFL Draft), there will be a multiple-round Rookie Auction. Players Drafted in the NFL Draft and Street Free Agents later signed (a specific list of eligible Players will be provided before the Auction) will be eligible for the Rookie Auction. There is no minimum or maximum limit to the number of Players that you may acquire. But, you must still be within the Maximum Roster Limit* at all times; the number of Players that you may acquire are limited by your Roster size when the Rookie Auction begins. You may Pass the right to nominate a Player during any Round of the Rookie Auction, but you may NOT then nominate a Player later even if Auction Rounds remain. You may, however, continue to bid on Players and acquire them. The Order of the Auction will be determined by the reverse order of standing from the previous season. The Rookie Auction continues until all Owners have passed on their right to nominate a Player.

**Note: Rosters expand to 26 for the Rookie Auction to accommodate Owners who want to bid on and potentially acquire Rookies to put on their Practice Squad. If you end the Rookie Auction with more than 22 players, then the extra players must be added to the Practice Squad.*

All Players won at the Rookie Auction must be given either a Guaranteed or Locked Contract of 3-5 years in length. Contracts must be designated around one week after the Rookie Auction as determined by the Commissioner. Any Rookie that is to be placed on the Practice Squad must also be moved there by that date (around one week after the Rookie Auction).

In addition, the \$300 hard cap is in effect. To participate in the Rookie Auction, a Team must have at least \$1 of available Salary Cap Space when it begins, and it must be able to accommodate all Players, Bids, and winning Salaries within the available Cap Space that each Owner has prior to the Auction. In-Auction Deferrals are not permitted. Otherwise, that Team may not participate in the Rookie Auction.

Note: only a Player won at the Rookie Auction and assigned a Contract thereafter is considered to be on a Rookie Contract.

2. The Auction

All Free Agents will be available for the Auction. Prior to the Auction, at a predetermined time to be set by the Commissioner, there will be an end to Drops, though Trades will still be permitted.

Roster Limits and the Salary Cap restrictions continue to apply. The number of Rounds and Picks will be the sum of all the open Roster spots on all the Teams. The Order of the Auction will be determined by the results of the Playoffs and Toilet Bowl.

Following the Auction and before the Regular Season, there will be one and only one Free Agent Auction subject to the Free Agent Auction rules above.

At the end of the Auction, every Team must have each of its 22 slots filled.

****For 24 hours prior to the Auction and through the Auction itself, Salaries may NOT be Advanced or Deferred.****

“To have the kind of year you want to have, something has to happen that you can't explain why it happened, ... Something has to happen that you can't coach.” Bobby Bowden

3. Simulated Natural Events

Being a GM can be difficult. While there are many factors in your control in determining the course of your Team, some things are beyond even you. Living as a GM in the GMFFL means making adjustments to the vicissitudes of life...

Sometime around June 1st (but not before Memorial Day Weekend), there will be one day where Simulated Natural Events potentially affect each Team in the League. The League will be invited to watch the results live.

*“Things never go as planned.
You always have to roll with it.
I'm about as ready as I'm going to get.
However ready that is, we'll find out.
I don't have the answers for you.*

Nobody does.” J.P. Losman

Team Rolls and Results

A six-sided die or 2 six-sided dice is or are rolled for each of the Simulated Natural Events for the League. These results ARE cumulative Year-to-Year.

The results of the rolls take effect at different times. Player Salary adjustments will be declared as part of the pre-Auction preparation, and each GM determines which Players and Salaries are affected. If a Team has fewer Players on its Roster than are affected, then those extra adjustments are not used.

Salary Cap Adjustments -- for each Team and/or for the League -- take place immediately after the results conclude.

“One of the great disappointments of a football game is that the cheerleaders never seem to get injured.” Author Unknown

Simulated Natural Events for the League

1st roll	Economy	1 -- Economy in recession: Salary Cap for all Teams decreases by \$2 2-5 -- No change in Economy 6 -- Economy in growth: Salary Cap for all Teams increases by \$2
2nd roll	TV Rights	1 -- ESPN pulls bid for games; the League looks to save money: Salary Cap for all Teams decreases by \$2 2-5 -- No change in TV Rights 6 -- ESPN doubles bid for games: Salary Cap for all Teams increases by \$2

3rd roll

Re-Alignment

1 -- Divisions Re-Align randomly

2-5 -- No change to Divisions' Alignment

6 -- Divisions Re-Align by Standing

4th roll (to be rolled on two six-sided dice)	Negotiations	2 (1/36 chance) -- PLAYERS STRIKE, win battle in court: <u>every</u> Player Kept for upcoming Year has Salary INCREASED by \$1
		3 (2/36 chance) -- New Collective Bargaining Agreement: Roster Limits <u>decrease</u> by 1
		4 (3/36 chance) -- Players Association loses credible leadership: Salary Cap <u>decreases</u> by \$3
		5-6 (9/36 chance) -- No Negotiations this Off-Season
		7 (6/36 chance) -- Re-roll
		8-9 (9/36 chance) -- No Negotiations this Off-Season
		10 (3/36 chance) -- Players Association gains credible leadership: Salary Cap <u>increases</u> by \$3
		11 (2/36 chance) -- New Collective Bargaining Agreement: Roster Limits <u>increase</u> by 1
		12 (1/36 chance) -- PLAYERS LOCKED-OUT, loose battle in courts: <u>every</u> Player Kept for upcoming Year has Salary DECREASED by \$1 (minimum of \$1 Salary per Player)

"If you are determined enough and willing to pay the price, you can get it done." Mike Ditka

DUES

****Dues are due ONE WEEK BEFORE THE AUCTION DRAFT. NO EXCEPTIONS.**** If you cannot pay, you cannot play. Dues are \$150 per year, except for the first year for each new

Owner, in which case Dues are \$300. The additional \$150 will NOT be payed out: it is to protect the League in the event that a GM leaves with little notice to replace him OR in case a GM leaves with a Team that is so mortgaged for the future that we cannot find a replacement. In either of those cases, the extra money will used to cover "Dues" for that GM for that Season, insuring a full Payout. It will be up to the discretion of the Commissioner to determine the appropriate course of action for replacing that GM in the upcoming Season. If a GM leaves so that a suitable replacement is found, then the additional \$150 from the first Year will be returned.

"I am delighted to have you play football. I believe in rough, manly sports. But I do not believe in them if they degenerate into the sole end of any one's existence. I don't want you to sacrifice standing well in your studies to any over-athleticism; and I need not tell you that character counts for a great deal more than either intellect or body in winning success in life. Athletic proficiency is a mighty good servant, and like so many other good servants, a mighty bad master."

Theodore Roosevelt

COMMISSIONER MANDATE

The role of the Commissioner is to maintain the integrity of the GMFFL; insure the day-to-day, Week-to-Week and Season-to-Season running of the GMFFL; adjudicate disputes; and represent the will of the GMFFL to the best of his ability. While the Commissioner retains, at all times, discretion to make decisions unilaterally, this prerogative should be used infrequently and with great reservation; the primary function of the Commissioner is to make determinations that most accurately reflect the desires of the GMFFL.

For the initial Season(s), however, the Commissioner may and will use frequently his right of autocracy to make decisions for and for the good of the GMFFL.

In the event that a Vote is needed for any issue, the default is that the majority of non-Abstaining Voters make the determination. The Commissioner has full right to determine when to call for a Vote, whether to make an exception to the usual Voting procedure and when to make a unilateral determination.

*"I was the originator of smack.
Some guys rattle with smack;
with other guys it rolls right off their shoulders like nothing."*

Deacon Jones

HAVE FUN!

And, thanks for joining!