

Monday Morning Hangover (MMH) – Bylaws

Introduction

Welcome to Monday Morning Hangover. This is a 12-team fantasy football dynasty league formed in 2023. The rules are a culmination of my experiences running and participating in several other leagues. This league has similar rules to dynasty and keeper leagues.

I am the commissioner of a keeper league that I have run since my college days back in 1999. I am also the commissioner for another dynasty league that started in 2019 and is going on its 5th season this year. I've taken some of the rules that I enjoy among both formats and enhanced others to make this an enjoyable league to be a part of.

Every year, I look forward to Sunday afternoons lying on my couch watching my favorite team win or lose (mostly lose). When my favorite NFL team isn't having a great season, fantasy football gives me something else to root for.

Highlights

- Individual Offensive and Defensive players
- Superflex – additional flex position so you can start two QBs if you want to.
- Tight-End Premium – TEs receive 1.5 points per reception.
- All touchdowns are worth 6 points, but interceptions are minus 4 points.
- IDP-123 Scoring – increased scoring potential for IDPs.
- Rookie Draft and Auction Draft each season.
- 32 player active roster – 9 offensive starters, 9 IDP starters, 14 bench slots.
- Practice squad slots (6 available) for rookies only.
- Injured reserve slots (6 available) for IR or Out status.
- \$1,200 yearly salary cap.
- No contract years are assigned.
- Veteran players may only be a keeper for 3 years in a row.
- Rookies may be a keeper for 5 years (rookie season counts as the first year).
- Keeper salaries have minimums or increase by 25% from the previous year.
- Salary cap penalties of 25% for dropped players.
- Blind bid waivers will run Wednesday – Monday each week of the season.
- Keeper base salary is the salary paid from the prior season rookie draft, auction draft, or waiver blind bid, whichever is **highest**.

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Article I. League Overview

1. MMH is considered a money league, and all owners are expected to pay their league fees prior to starting any league activities.
2. This league is designed to be a competition between owners, but it is not a cut-throat league.
3. The rules described below are designed to act as a guideline for overall league play.
4. Disputes will be handled by the commissioner with input from all league owners.
5. The commissioner will be responsible for disseminating information on all disputes that are not expressly covered by this constitution.
 - a. Commissioner: Corey Thoesen – (571) 216-8338 (mobile); cthoesen@gmail.com (email)
6. Please remember that the overall goal of this league is to have fun and enjoy the game of football.
 - a. If you have any questions or concerns, please do not hesitate to post them on the message board or contact the Commish directly.
7. **Best Interest Clause**
 - a. Should circumstances, issues, or problems arise for which a remedy is not stated in the rules, the Commissioner reserves the right to take whatever actions he deems necessary in the best interest of the league.
 - b. The Commish may consult with some or all other owners and/or possibly take a vote.
8. This league is open to **occasionally** enhancing or adding new rules as unforeseen circumstances do occur, so please feel free to post your ideas to the message board.

Article II. League Configuration

1. MMH will consist of 12 teams, broken down into three (3) divisions.
 - a. The divisions will be named Bourbon, Scotch, and Beer.
2. Teams will be ranked within each division based on the following criteria:
 - a. Overall winning percentage,
 - b. Division winning percentage,
 - c. Total points scored for - year to date (YTD),
 - d. Reverse order of total points scored against – YTD.
3. We will host our league at www.myfantasyleague.com (MFL).
4. MMH will utilize rules like both dynasty and keeper leagues.
 - a. Teams may keep as many or as few players from their previous season's roster as they wish while remaining under the salary cap.
 - i. Please see [Article XI. Keeper Rules](#) for more details.

Article III. Expected Owner Conduct

1. All owners are expected to carry themselves in a professional manner that would not harm other owners or the league in general. Bragging and “trash talk” is an expected and interesting part of the game, but it should be handled in an adult fashion.
 - a. The commissioner will draw the line between good fun and inflammatory comments that could harm the good of the league.
2. The use of foul language and/or indecent pictures will not be allowed on the MMH league site.
 - a. Violation of this may result in loss of message board privileges if abuse continues.

Article IV. Activity Rules

1. Owners should do their best to be active throughout the league year.
2. Owners should check in at least once a week during the regular season.
3. Owners should check in at least once a day during the rookie and auction drafts.
4. Owners should vote in each poll on the league website.
5. Owners should participate in league discussions through email and/or the message board.
6. Owners should do their best to respond to all trade offers in a timely manner.
 - a. All owners should select the option to receive email notifications for trade offers.
7. If an owner is removed from the league for a violation of league rules or by his own choice, the commissioner will take charge of that team until a replacement owner is found.
 - a. The commissioner will not perform any transactions on behalf of the orphaned team and the lineup will be entered based on ECR rankings on fantasypros.com for that week.

Article V. League Finances

1. The league fee for MMH will be \$75, charged to each owner prior to the start of each season.
 - a. For the inaugural season (and perhaps each season), we will use LeagueSafe to collect league fees and hold them until end-of-season payouts.
 - i. This will protect both parties since many of us may not know each other personally.
 - b. In future seasons, we may increase the league fee subject to a leaguwide vote.
2. The current season will NOT commence until all league fees are fully paid.
3. League awards will be paid as follows:
 - a. Total Pool: \$75 x 12 teams = \$900
 - b. Less: MFL website fees of \$70
 - c. Equals: Available Award Pool (AAP) of \$830
 - d. Three (3) division winners receive \$45 each (about 16% of AAP)

- e. Four (4) wild card teams = \$20 each (~10%)
 - f. Four (4) teams that advance to the second round = \$30 each (~14%)
 - g. Two (2) teams that advance to the Super Bowl = \$40 each (~10%)
 - h. Super Bowl Runner-up = \$80 (~10%)
 - i. Super Bowl Champion = \$335 (~40%)
4. If we change the league fees in a future season, Commish will try to keep the payout percentages around the same.
 5. Total payouts and percentages for Super Bowl Champion and Runner-up:
 - a. \$450 for Super Bowl Champion as a division winner (about 54% of total AAP)
 - b. \$425 for Super Bowl Champion as a wild card (~51%)
 - c. \$195 for Super Bowl Runner-up as a division winner (~23%)
 - d. \$170 for Super Bowl Runner-up as a wildcard (~20%)
 6. Payout structure will always be made available on our MFL league website and updated as needed to ensure full transparency that the entire AAP is fully paid out.

Article VI. Message Board

1. Before we get into the main rules, it should be noted that the message board (MB) on our MFL website will become the formal method for communication.
2. This will not only help to keep emails and texts to a minimum, but it will also provide an information trail that will be readily available and easily followed.
3. As we walk you through examples and become more familiar with the MFL website, we will see how important the use of the message board is for everyone in this league.

Article VII. Rosters and Starting Lineups

1. Each team will carry a maximum active player roster of 32 players with 18 starters and 14 bench players consisting of the following:
 - a. Quarterback (QB)..... 1
 - b. Running back (RB)..... 1
 - c. Wide receiver (WR)..... 1
 - d. Tight End (TE) 1
 - e. Place Kicker (PK) 1
 - f. Superflex (QB/RB/WR/TE) 1
 - g. Flex (RB/WR/TE)..... 3
 - h. Defensive Linemen (DT/DE)..... 2
 - i. Linebacker (LB) 2
 - j. Defensive Back (CB/S)..... 2
 - k. Defensive Flex (DT/DE/LB/CB/S) 3

- l. Bench (BE)..... 14
- 2. In addition to the active roster, the following inactive player roster slots are available:
 - a. Practice Squad (PS) 6
 - b. Injured Reserve (IR) 6
- 3. The roster minimums for each position are the minimum starters at each position.
 - a. The system will force teams to maintain these roster minimums during the season.
- 4. There are no roster maximums for any position so teams may carry any configuration of players on their bench.
- 5. From the start of the keeper selection period through the 32-Player Cutdown Deadline, the maximum roster size is set to 40 to allow teams to select keepers on their active roster plus keepers on their Taxi Squad.
- 6. At the end of the free-agent auction draft, teams are required to have completed a full 32-man roster with at least the minimum starting lineup at each position.
 - a. Once the auction is complete, the commissioner will open Taxi Squad and Injured Reserve abilities in the system for each team.
 - i. Teams may go under 32 players at that point, if necessary, to make roster moves.
 - ii. Please refer to [Article XIII. Injured Reserve](#) and [Article XIV. Practice Squad](#) for more details.

Article VIII. Regular Season and Playoffs

- 1. The MMH regular season will run through the first 14 games of the NFL season followed by the MMH playoffs in week 15 – 17.
 - a. If the NFL increases their regular season games in a future season, MMH will consider increasing our regular season games subject to a leaguewide vote.
- 2. Each team will play the other 3 teams in their division twice and all 8 teams from the other 2 divisions once.
 - a. Commissioner will adjust the schedule each year based on prior year results.
- 3. At the conclusion of the regular season, 7 teams will qualify for the MMH playoffs.
 - a. The 3 division winners along with the next best four (4) non-division winning teams (wild card teams).
- 4. If there is a tie for a division winner, the tiebreaker will be as follows:
 - a. Division winning percentage,
 - b. Total points scored for – year-to-date (YTD),
 - c. Reverse order of total points scored against – YTD
- 5. If there is a tie between two teams in different divisions, the tiebreaker will be as follows:
 - a. Total points scored for – YTD,
 - b. Reverse order of total points scored against – YTD
- 6. The team with the best overall regular season record will earn a first-round bye.

7. If there is a tie for the best overall regular season record, the tiebreaker will be as follows:
 - a. Total points scored for – YTD,
 - b. Reverse order of total points scored against – YTD

Article IX. Player Salaries and Salary Cap

1. MMH will employ an auction draft, rookie wage scale, and blind bidding for free agent acquisitions that will determine the salary for each player on their team.
 - a. The minimum salary is \$1 with additional increments in whole dollars.
 - b. Note that for the inaugural season, the rookie draft will be an auction style draft.
 - i. Please see [Article XXIV. Initial Rookie Draft](#) for further information on the first rookie draft.
2. The salary cap will be set to \$1,200 for each team.
 - a. This is a **hard cap** so the system will prevent teams from exceeding the salary cap.
 - i. From the start of the keeper selection period through the 32-Player Cutdown Deadline, it will be set as a **soft cap** to allow teams to select keepers on their active roster and on their Taxi Squad.
 - b. There are exceptions such as after completion of a trade or prior to declaring keepers.
 - i. Please see [Article XI. Keeper Rules](#) and [Article XIX. Trades](#) for more details.
3. Any team over the salary cap will have an illegal roster and will not receive points that week.
4. We will **not** assign contract years in this league.

Article X. Salary Cap Penalty

1. Teams may begin releasing players after the free-agent auction draft.
 - a. After the final week of the regular season and once a team is eliminated from the playoffs, their roster is **locked** until the next season.
2. Dropping a player from your team comes with a cost, so your current year salary cap will be charged 25% of that player's salary ("salary cap penalty") once he is dropped.
 - a. The MFL system will calculate this salary cap penalty automatically.
 - b. Players dropped during the keeper selection process will not incur a salary cap penalty.
 - c. Please see [Article XX. Free Drops](#) for exceptions to this rule.
3. Example:
 - a. Team A drops Player A with a salary of \$100.
 - b. The salary cap penalty will be \$100 x 25% or \$25 so Team A will have \$25 of "dead money".
 - c. Team A will also recoup \$75 of salary from the transaction; (100% – 25%) x \$100 or \$75.
4. Starting the next season, the total amount of dead money from releasing players during the previous season is reset to \$0.

Article XI. Keeper Rules

1. Each owner is permitted to keep as many or as few players from their previous season's roster as they want.
 - a. Players who remain on the practice squad after the deadline for declaring keepers do not count against the salary cap.
 - i. Please [Article XIV. Practice Squad](#) for more information.
2. Teams may exceed the 32-player active roster limit and/or salary cap while selecting their keepers but **must** be under the 32-player active roster limit AND salary cap on the 32-Player Cutdown Deadline.
 - a. If an owner decides to exceed either the 32-player active roster limit or salary cap during the keeper selection process, they will incur normal salary cap penalties when dropping players to get back under those limits on the 32-Player Cutdown Deadline.
 - i. Players dropped prior to the Keeper Selection Deadline **do not** incur salary cap penalties.
 - b. Please refer to [Article VII. Rosters and Starting Lineups](#), [Article XIV. Practice Squad](#), [Article XVI. Rookie Draft](#), and [Article XVII. Free Agent Auction Draft](#), for more information.
3. A player may only be kept a maximum of three (3) years in a row, with one exception.
 - a. The season after a player is acquired is the first keeper year if declared a keeper.
 - b. Any rookie acquired during the **rookie draft** may be kept for five (5) years in a row with their rookie season counted as the 1st keeper year (so technically may only be kept for 4 years).
 - c. Rookies acquired by any other means (auction draft, waivers, etc.) are subject to the same 3-year keeper maximum as veteran players.
4. The 'keeper base salary' for each keeper will be the salary paid from the prior season rookie draft, auction draft, or waiver blind bid, whichever is **highest**.
5. The current year salary for each keeper will be that player's **keeper base salary + 25%** and rounded up to the nearest whole dollar.
6. The **minimum salary for each keeper** is determined by each player's position as follows:
 - a. Kickers – \$3
 - b. All other Offensive or Defensive players – \$5
7. **Example #1:**
 - a. Team A picked up Amon-Ra St. Brown off waivers for \$1 during the prior season.
 - b. He was on Team A's final roster from the prior season.
 - c. Team A designates Amon-Ra St. Brown as one of their keepers for the current season.
 - d. Since his prior-year salary is below the keeper minimum for offensive players, his current year salary will be \$5.
 - e. The current season will be counted as the 1st keeper year.
8. **Example #2:**
 - a. Team A won Cooper Kupp during the auction draft last season for \$100.
 - b. He was on Team A's final roster from the prior season.
 - c. Team A designates Cooper Kupp as one of their keepers for the current season.

- d. Since Cooper Kupp's prior year salary is already above the keeper minimum for offensive players, his current year salary will be \$100 plus 25% of \$100, which equals \$125.
- e. The current season will be counted as the 1st keeper year.

9. Example #3:

- a. Team A won Amon-Ra St. Brown for \$30 during the auction draft in the previous season.
- b. Team A dropped Amon-Ra St. Brown in week 4.
- c. During week 6, Team B placed the high bid of \$10 on Amon-Ra St. Brown during the waivers process and added Amon-Ra St. Brown to their team.
- d. Amon-Ra St. Brown was on Team B at the end of the prior season and Team B decides to keep Amon-Ra St. Brown for the current season.
- e. The keeper base salary for Amon-Ra St. Brown would be the original auction draft cost of \$30 since that is higher than the blind bid cost of \$10 so Amon-Ra St. Brown's new salary is \$38.
 - i. $\$30 \times 25\% = \7.50
 - ii. $\$7.50$ rounds to \$8 so $\$30 + \$8 = \$38$
- f. The current season will be counted as the 1st keeper year.

10. Example #4:

- a. Let's assume the same scenario as example #3 that Team A won Amon-Ra St. Brown for \$30 during the auction draft in the previous season.
- b. Team A dropped Amon-Ra St. Brown in week 4.
- c. This time, Team B placed the high bid of \$40 on Amon-Ra St. Brown during the waivers process and added Amon-Ra St. Brown to their team.
- d. Amon-Ra St. Brown remains on Team B at the end of the prior season and Team B decides to keep Amon-Ra St. Brown for the current season.
- e. The keeper base salary for Amon-Ra St. Brown would be the blind bid cost of \$40 since that is higher than the original auction draft cost so Amon-Ra St. Brown's new salary is \$50.
 - i. $\$40 \times 25\% = \10 so $\$40 + \$10 = \$50$
- f. The current season will be counted as the 1st keeper year.

11. Players will retain their keeper status no matter if they are traded, dropped, or picked up through waivers during the season.

- a. This means that if you acquire a player who was on another team as a keeper to start the season, the keeper year that player was in to start the season remains the same.

12. Example #5:

- a. Let's assume the same scenario as example #4 that Team A won Amon-Ra St. Brown for \$30 during the auction draft in the previous season.
- b. The prior season was the third and final year that Amon-Ra could be declared a keeper and Team A dropped Amon-Ra St. Brown in week 10.
- c. Team B placed the high bid of \$40 on Amon-Ra St. Brown during the waivers process and added Amon-Ra St. Brown to their team.
- d. Amon-Ra St. Brown was on Team B at the end of the prior season.
- e. Team B may NOT keep Amon-Ra St. Brown for the current season since the prior season was his third and final season as a keeper.
- f. Amon-Ra St. Brown returns to the pool of available players that may be acquired during the auction draft for the current season.

13. Any player that is on a practice squad at the end of the season is not subject to an increase in salary and will retain his rookie draft salary until the season after he is promoted to the active roster.
 - a. However, the remaining keeper years will continue to expire each year while on the practice squad.
 - b. Once a player is promoted from the practice squad to the active roster, that player may **not** be demoted to the practice squad again.
 - i. Please refer to [Article XIV. Practice Squad](#) for more information.

14. Example #6:
 - a. Team A drafts Kadarius Toney in the 3rd round of the 2021 rookie draft and a salary of \$11 is assigned to him according to the rookie salary scale.
 - i. Please see [Article XVI. Rookie Draft](#) for more details.
 - b. Kadarius Toney remained on Team A's practice squad for the entire 2021 season.
 - c. At the beginning of the 2022 season, Team A decides to promote Toney to his active roster prior to the 2022 rookie draft.
 - d. Kadarius Toney remained on Team A's active roster for the entire 2022 season with a salary of \$11.
 - e. Toney is declared a keeper again for the 2023 season, so his salary increases to \$14 ($\$11 \times 125\% = \14) and he now has 3 remaining keeper years.
 - i. The 3 remaining keeper years include the current 2023 season.

Article XII. Rosters Report

1. It should be noted that the following important columns will be included on the Rosters report to track relevant keeper information:
 - a. **YEARS:** The number of remaining years that a player may be kept (total includes the current year).
 - i. For example, if the number in this column is 3 then after the current season there will be 2 years remaining.
 - ii. If this field is blank for a player, then if that player is kept in the following season that next season will become the 1st year of a potential 3 keeper years.
 - b. **OTHER:**
 - i. "K" will indicate that player was a keeper to start the season,
 - ii. Rookies who were drafted during the rookie draft will be designated with an "R" and the year they were drafted ("R2023"), otherwise,
 - iii. This column will be blank.
 - c. **BASE:** This is the Keeper Base Salary and will be set to the salary for each player acquired through the rookie draft, the auction draft, or declared a keeper before the season starts.
 - i. This field will be blank for players picked up during the season that were not acquired through the rookie draft, the auction draft, or declared a keeper before the season.

2. **Players retain their keeper status no matter if they are traded, dropped, or picked up through blind bid waivers.**
 - a. What this means is that the information on the Rosters report will remain intact so that all keeper information for each player will remain with that player throughout the season.

- i. The only exception is the ACQUIRED column that is automatically updated via the MFL system as outlined above.
- 3. IMPORTANT NOTE: When a player is dropped, his salary will NOT be reset to \$0 by the system.**
 - a. This is done so that all current year keeper information remains intact for each player throughout the current season.
 - b. For Blind Bidding on players, the winning bids are automatically assigned as the player's salary and will override the salary of any free agent with a salary.
 - i. This is the case, whether the winning bid is higher or lower than that dropped free agent's salary displayed on the Add/Drops screen.
 - ii. The commissioner has tested this out and confirmed that this is how it works on MFL.

Article XIII. Injured Reserve

1. Only players with the following official NFL tags may be placed on IR:
 - a. Injured Reserve (IR)
 - b. Out (O)
2. A limit of 6 players may be placed on IR provided they are on the NFL lists above.
3. For each player on IR, their salary will be reduced by 50% against the salary cap.
4. Example:
 - a. Breece Hall is on Team A with a salary of \$45.
 - b. He sustains a torn ACL and is placed on IR by the New York Jets.
 - c. If Team A decides to place Breece Hall on IR to free up a roster spot, his \$45 salary will be cut in half for the calculation of salary cap room available.
 - i. **Breece Hall's salary will still be shown as \$45 on the rosters report, but the amount calculated against the salary cap will be \$23.**
5. From the start of the free agent auction until its conclusion, teams are precluded from moving any players to or from IR.
6. Once a player on IR no longer has an official NFL status that qualifies him for IR, that player must be promoted to the active roster.
 - a. This is enforced by the system so franchises with ineligible players on their IR will be prevented from submitting their lineup until they promote the ineligible player to their active roster or drop them.

Article XIV. Practice Squad

1. On the MFL website, Practice Squad ("PS") is referred to as Taxi Squad.
2. Each team is allowed to have up to 6 practice squad players.
 - a. The PS is meant for rookie development and may never exceed 6 players.

3. Only rookies may be placed on the PS and only after the completion of the free agent auction draft with one exception:
 - a. 4th and 5th round picks may be sent to the PS after the rookie draft is completed and before the auction draft starts.
 - i. See [Article XXIV. Initial Rookie Draft](#) for how this will be handled for the first season.
4. Rookies that were drafted in the 1st through 3rd rounds must remain on the active roster until the conclusion of the free-agent auction draft.
5. Players placed on the PS will retain their salaries, but while on the PS their salaries will not count towards the salary cap.
6. Example:
 - a. Team A drafts Drake London and he is assigned a salary of \$43.
 - i. Please see [Article XVI. Rookie Draft](#) for more information on the rookie draft salary scale.
 - b. Team A has an opening on their practice squad, so they demote him there.
 - c. Drake London's salary of \$43 won't count against Team A's salary cap while he is on the PS.
 - d. Drake London can remain on the PS for up to 5 years (rookie season counts as the 1st year) with his available keeper years reduced by one for each year after his rookie season.
 - e. If Team A does not promote Drake London to their active roster, he will continue to count as one of Team A's 6 spots on the practice squad.
7. After the conclusion of the free-agent auction draft and throughout the remaining season, teams may promote or demote players to/from the PS to their active roster at any time.
 - a. To elevate a player from the PS to the active roster, you must have an available roster spot and enough salary cap space to accommodate the promotion.
 - i. Teams may need to drop players to make room.
8. **At any point in time, once a player is promoted from the practice squad to the active roster, that player may never be demoted to the practice squad again.**
 - a. This is enforced by the MFL system and holds true whether that player is dropped or added by another team through waivers.
 - b. Said another way, if an owner acquires a rookie during the season, they would NOT be able to demote him to the PS if that rookie was previously on a PS and later released.
 - c. ***Owners can see this information by clicking on the link for that player, then the link for Full Player Page, then Transaction History.***
 - i. ***If you see "Demoted to Taxi Squad", that means that player may not be demoted again.***
 - d. The only EXCEPTION to this rule is for PS players involved in a trade.
 - i. After a trade involving a PS player is completed, the PS player will be on the new team's active roster, but the system will allow the new team to demote that player to their PS.

Article XV. Practice Squad Poaching

1. Rookies who were **drafted during the rookie draft** and placed on the PS are protected players.
 - a. They will be designated with an "R" and the year they were drafted ("R2023") and they may not be "poached" from your PS during their rookie season.

2. **Two-year protected rookies:**
 - a. To increase the value of the 4th and 5th rounds of the rookie draft, any 4th or 5th round rookie draft pick may be protected on the PS for 2 years if all other PS criteria are met.
 - b. Rookies drafted in rounds 4 and 5 do not count against your cap for the auction draft if you place them on the PS after the rookie draft and prior to the start of the auction draft.
3. **PS players may be bid on by other teams on a weekly basis (“poached”) for a salary higher than their current salary.**
 - a. Any player on the PS, other than **drafted** rookies and 2-year protected players, can be bid on by other teams for **higher than** their original salary.
 - b. The weekly deadline to poach PS players is Saturday at noon EST.
 - c. PS poaching will be suspended from the start of the rookie draft until after the auction draft.
4. **To submit a bid on a PS player, an owner will use the normal blind bidding process, but instead add a worthless player and put in the comments section the actual name of the PS player they are bidding on, the team he is on, and the bid offered.**
 - a. After waivers are run, that team should also post to the message board their intention to poach a player off a practice squad so the commissioner can review the Waivers Report and post the offer for that player.
 - b. The original team with that player on their PS retains the right to match the offer and has 24 hours to do so.
 - c. If the owning team does not match, the PS player will be assigned to the winning bidder.
 - d. Additionally, if a PS player is bid on and won by a new team, that **new team must place that player on their active roster.**
 - i. In other words, the winning team may not place the player they won on their own PS.
 - e. Bidding on PS players will be suspended from the conclusion of the MMH Super Bowl through the NFL Draft and again from the start of our rookie draft through the end of the auction draft.
5. **If another team puts in a bid on a team’s PS player, the original team owning that PS player may NOT promote that player after the bid to avoid losing him.**
6. **Teams may activate their own PS players (rookies and veterans) at the beginning of the new league year and up until the Practice Squad Promotion deadline (typically a week before the Rookie Draft) to avoid other teams poaching their PS players.**
7. **After the rookie draft begins, teams may not promote players from their practice squad until after the conclusion of the free agent auction draft.**

Article XVI. Rookie Draft

1. **A rookie-only draft will take place after the NFL Draft is completed.**
 - a. Typically, we will hold the rookie draft at the end of May each year.
2. **Draft order will be as follows:**
 - a. Prior year (“PY”) worst winning percentage will draft 1st overall,
 - b. PY next worst winning percentage will draft 2nd and so on through pick 5,

- c. The three teams eliminated in the first round of the playoffs will occupy picks 6 – 8,
 - d. The two teams eliminated in the second round of the playoffs will occupy picks 9 and 10,
 - e. The runner-up will draft 11th, and
 - f. The MMH Super Bowl Champion will draft 12th.
3. Tiebreakers for teams with identical winning percentages and for teams eliminated during the same round of the playoffs will be as follows:
- a. Least YTD total points scored for.
 - b. Most YTD total points scored against.
 - c. Worst division winning percentage.
 - d. If we are still unable to break the tie, a coin flip or similar means will be utilized.
4. The rookie draft will be 5 rounds and in the same conventional format as the NFL (same order each round, not a snake order) and predetermined salaries as follows:

Round 1		Round 2		Round 3		Round 4		Round 5	
1.01	\$45	2.01	\$19	3.01	\$13	4.01	\$7	5.01	\$1
1.02	\$43	2.02	\$19	3.02	\$13	4.02	\$7	5.02	\$1
1.03	\$41	2.03	\$18	3.03	\$12	4.03	\$6	5.03	\$1
1.04	\$39	2.04	\$18	3.04	\$12	4.04	\$6	5.04	\$1
1.05	\$36	2.05	\$17	3.05	\$11	4.05	\$5	5.05	\$1
1.06	\$33	2.06	\$17	3.06	\$11	4.06	\$5	5.06	\$1
1.07	\$30	2.07	\$16	3.07	\$10	4.07	\$4	5.07	\$1
1.08	\$27	2.08	\$16	3.08	\$10	4.08	\$4	5.08	\$1
1.09	\$24	2.09	\$15	3.09	\$9	4.09	\$3	5.09	\$1
1.10	\$22	2.10	\$15	3.10	\$9	4.10	\$3	5.10	\$1
1.11	\$21	2.11	\$14	3.11	\$8	4.11	\$2	5.11	\$1
1.12	\$20	2.12	\$14	3.12	\$8	4.12	\$2	5.12	\$1

5. Only 4th and 5th round picks may be sent to the practice squad AFTER the rookie draft is completed and BEFORE the auction draft begins.
6. We do not make assumptions of future moves so teams must remain under the salary cap throughout the entire rookie draft, prior to PS movement.
- a. Prior to the start of the rookie draft, if a team is found to not have enough salary remaining under the cap to complete a full 32-player active roster, they will forfeit as many draft picks are necessary to keep them under the salary cap throughout the entire rookie draft.
 - i. In most cases, this would not come into play as owners should be able to negotiate trades or evaluate their remaining salary cap prior to declaring keepers so they can avoid losing rookie draft picks.

7. Example #1:

- a. Team A has an active roster of 23 players using up \$925 of their salary cap before the rookie draft and before PS movement is allowed.
- b. Team A has \$75 remaining under the caps and still needs 9 players to fill their roster.
- c. Team A has a total of 5 picks (1.10, 2.10, 3.10, 4.10, and 5.10).
 - i. The total dollars they will spend on all 5 picks is \$50.
- d. 23 + 5 rookie picks = 28 players so 4 more players needed to complete their roster.
- e. Prior to PS movement, Team A would then have \$25 under the salary cap to acquire 4 additional players during the auction draft.

8. Example #2:

- a. Let's take example #1 and say instead that Team A has the 4th pick in each round (1.04, 2.04, 3.04, 4.04, and 5.04)
 - i. In this case, the total salary Team A would spend on those 5 picks would be \$76.
- b. At the end of the draft in this case, Team A would be over the salary cap but would still need to sign 4 more players.
- c. Even though Team A may decide to move two of those rookies to the PS, there are no assumptions of future moves when determining salary cap space.
- d. In this second example, Team A will need to forfeit picks 4.04 and 5.04 to give them enough salary cap space to sign those 4 remaining players and fill out their roster.
 - i. Pick 4.04 is worth \$6 and pick 5.05 is worth \$1, so Team A would then have \$6 under the salary cap to sign the 4 remaining players to complete their roster.
 - ii. Draft pick forfeitures will always start with a team's last pick and work toward their first pick until enough cap space is achieved.

9. **Rookies drafted or picked up as a free agent may be dropped without incurring a salary cap penalty if this is done before the regular season starts.**

10. Please see [Article XXIV. Initial Rookie Draft](#) for more details regarding how the rookie draft will be conducted for the inaugural season.

Article XVII. Free Agent Auction Draft

1. Before each season begins, we will have an online eBay-style, long-running auction draft, taking several days/weeks to complete and held on MFL.
 - a. The free agent auction draft will take place AFTER the rookie draft according to our league calendar.
 - b. Typically, we will start the auction draft during August each year.
 - c. The purpose of this draft is to fill out the rest of your roster prior to the start of the season.
2. This will include unrestricted free agents ("UFA"), players who were not kept, and rookies that were not drafted during the rookie draft.
3. Once the draft begins, owners should login to MFL daily so they can place bids on the players on the board and know when it is their turn to bring out a player.
 - a. It may also be a good idea to turn on Auction Update notifications.
 - i. On MFL: Reports → Franchise → Franchise Information → Contact Info

4. Each team should have at least one (1) player up for bidding while they are still participating in the auction prior to filling their roster.
 - a. Teams may nominate or “bring out” up to two (2) players at a time if they wish.
5. Teams must remain under the salary cap to continue to participate in the auction draft.
6. Each team must bring out one player within the first 24 hours of the start of the draft and post on the MB thread.
 - a. Failure to do so will result in the commissioner bringing out a player for that franchise.
 - b. The commissioner will sort by the ADP column and bring out the first player in that list.
 - c. Once the player you have brought out is won, you must "bring out" another player within 24 hours and post on the MB.
7. The minimum opening bid for each player is \$1 and all bids are in increments of \$1.
8. Auction bidding is by proxy bids, which is like an eBay auction.
9. When you nominate a player up for bidding you will set your “high bid” for that player.
10. The system will place bids for you, up to your high bid, as other owners bid on him.
11. Example #1:
 - a. Team A nominates Tom Brady and sets their high bid at \$30.
 - i. Team A’s \$30 high bid is hidden from everyone else’s view.
 - ii. Until someone else submits a bid for Tom Brady, we will only see that the current bid for Tom Brady is \$1.
 - b. Next, Team B decides to place a bid on Tom Brady and sets their high bid at \$20.
 - i. The system sees that Team B’s bid is higher than \$1 and increases the bid to \$20, but because Team B did not exceed Team A’s previously set high bid of \$30, the \$20 winning bid will still be with Team A.
 - c. Now, Team C comes in and submits a bid for \$30.
 - i. The team holding the current high bid always wins when another team ties their high bid so the winning bid will remain with Team A even though Team C’s bid is also \$30.
 - d. Then, Team C submits a new high bid of \$35.
 - i. The new current bid for Tom Brady becomes \$31 at this point.
 - e. If Team A has notifications set up, they will receive an email that tells them they were outbid so they can jump back on MFL and bid on Tam Brady again if they choose.
12. Each player on the auction board has an 18-hour timer that will reset to 18 hours each time the TEAM with the high-bid CHANGES.
13. Bidding for each player will continue until such time that the high bidder remains unchanged for a period of 18 hours.
14. Example #2:
 - a. Using the Tom Brady example above, if Team A nominated Tom Brady at 12:00 PM on a Monday, the timer would be set to expire at 6:00 AM the next day (Tuesday).
 - b. If Team B submitted their high bid of \$20 at 5:00 PM that Monday, the timer would not be reset and would still show that it will expire at 6:00 AM on Tuesday.

- i. The reason for this is that the timer only resets to another 18-hour timer when the high bidder changes.
 - c. If Team C submitted their bid of \$30 at 6:00 PM that Monday, the timer would still not reset and would continue to show that it will expire at 6:00 AM on Tuesday.
 - i. Again, the timer only resets to another 18-hour timer when the high bidder changes.
 - d. When Team C submits their \$35 bid and the high bid was increased to \$31, the 18-hour timer would then reset to a fresh 18 hours.
 - e. If Team C's \$35 high bid was submitted at 6:05 PM that Monday, the timer would now show that it will expire at 12:05 PM the next day (Tuesday).
 - f. At this point, if no one else exceeds Team C's high bid of \$35 for a period of 18 hours, then the timer will expire, and Tom Brady will be added to Team C's team.
15. In both examples, once a team wins Tom Brady, Team A has 24 hours to bring a new player out for bidding (since Team A was the owner who initially brought him out).
 16. At the end of the free-agent auction draft, teams are required to have completed a full 32-man roster with at least the minimum starting lineup at each position.
 17. Once you have completed your 32-man active roster, please post to the message board that you are done with the auction.

Article XVIII. Blind Bid Waivers

1. After the auction draft concludes, blind bid waivers for free agents will be processed by the system at 12 PM eastern time (ET) every day of the week.
2. Once the regular season begins, waivers will run every day except for Tuesday.
 - a. Players are locked after kickoff of that player's game until the end of that week.
3. No team will be informed of any other team's free agent bids (hence the name "blind bid").
4. The team with the highest bid for a player will be awarded that player.
5. All bids must be in increments of whole dollars.
6. If there is a tie between teams bidding on the same player, the tiebreaker will be **how long since franchise won a bid (longest time wins)**.
7. For each free agent picked up, the winning team must drop a player to make room on their roster for the free agent acquisition or already have an available roster spot.
8. It will be a conditional blind bidding system for acquiring players from the waiver wire.
 - a. Conditional bidding allows an owner to bid on player A and if not won, then bid on player B.
 - b. In non-conditional ("regular") bidding, owners would bid on player A and then on player B.
 - c. In regular bidding, the owner could get both players A and B.
 - d. In conditional bidding, the owner would only get one of the two.
9. In conditional bidding, owners enter players in multiple groups to receive several players, but the groups are merely placeholders for these bids and have no weighted value.
 - a. In other words, players placed in group 1 have no higher priority than those placed in group 2, etc.

10. Please see the MFL Help section for more details and examples of conditional blind bidding.
11. After the regular season concludes, each team that is eliminated from the playoffs will be locked out of making any further transactions.
12. Teams must have the minimum starters at each position on their roster at the conclusion of the season (i.e., one [1] QB, RB, WR, TE, and PK, and two [2] DLs, LBs, and DBs).
 - a. This is so teams eliminated from the playoffs can't gain an advantage in the following season by dropping all their less-valued positions (such as kickers).
13. Any transactions that violate these rules will be reversed by the commissioner.

Article XIX. Trades

1. Trading is encouraged in this league and there are no limits to the number of trades that a team can make during the year.
2. All trades should be handled through the MFL website whenever possible.
 - a. If a trade is agreed upon outside of the MFL website, it will not be official until it is confirmed by both parties by posting the trade to the message board or processed through the MFL website.
3. Once a trade has been accepted on MFL, it will be immediately processed through the system.
4. Owners may trade future draft picks for up to one (1) year into the future.
5. Let's be very clear, every one of us knows collusion when we see it.
6. We don't need a veto system to detect or prevent it.
7. If two owners are colluding, the trade will be reversed, and the guilty parties will be booted from the league, without question.
8. The Trade Deadline will be the Tuesday following week 13 at 4:00 PM ET each season.
 - a. Trades will be permitted again following the MMH Super Bowl for the current season.

Article XX. Free Drops

1. During the offseason and prior to week 1, whenever a player is suspended, cut by a team, placed on season ending IR, on the PUP list to begin the regular season, or for any other reason will not be on an NFL **active** roster to the start the regular season, that player may be dropped without penalty ("free drop").
2. In addition, any rookie that you would like to drop prior to the start of the regular season may be dropped without incurring a salary cap penalty.
3. The opportunity to take advantage of preseason free drops will occur after all NFL teams make their final roster cuts and prior to the start of week 1 regular season games.
4. It is each owner's responsibility to review their own rosters and add these players to the message board so the commissioner can reverse out the salary cap penalty for each free drop.

- a. If you decide to place a player on IR because of a “pre-season” qualifying injury, this “free drop” is not in effect if you then decide to drop him during the regular season.
5. **During the regular season, the only occurrence that qualifies for a free drop is a player announcing their retirement.**
 - a. Any other injuries or suspensions that happen after week 1 are part of the game and teams will need to utilize their IR slots according to the rules in place or drop that player and incur normal penalties.
6. **When an NFL player announces their retirement (whether in-season or off-season), the MMH team that owns that player qualifies for a free drop without penalty.**
 - a. This free drop must be posted to the message board by the team owning that retired player.
 - b. An exception to this rule is if a player has announced their retirement prior to an owner adding that player to their team.
 - i. In this case, that owner would not qualify later for a free drop.
 - ii. A good example of this was Rob Gronkowski in 2019.
 - iii. A team in another league bid on him thinking that Gronkowski would un-retire in 2019.
 - iv. That team did NOT qualify for a free drop in this situation.

Article XXI. Scoring Rules

1. The full list of scoring rules may be found on our MFL website by clicking Reports → Rules → League Scoring, but below are some of the highlights.
2. All touchdowns are worth 6 points including small yardage bonuses.
3. Interceptions thrown are minus 4 points.
4. Fumbles lost are negative 2 points each.
5. Passing yards are worth 0.04 points each.
6. Rushing and receiving yards are worth 0.1 points each.
7. Punt and kickoff return yards are worth 0.05 points each.
8. TEs will receive 1.5 points per reception (PPR), while all other positions will receive 1 PPR.
9. Tackles for IDP are worth 2 points and 1 point for assists.
10. Tackles for a loss are worth 2 additional points.
11. Interceptions caught are worth 6 points each.
12. Passes defended are worth 3 points each.
13. Blocked kicks are worth 3 points each.
14. Sacks are worth 6 points each (or 3 points for a half sack).
15. QB hits are worth 1 point.
16. Safeties are worth 3 points each.
17. Field goals are worth 3 points each with small yardage bonuses.

18. Missed field goals and extra points are worth minus 1 each.

Article XXII. Locked Rosters

1. At the conclusion of week 14, once a team is eliminated from playoff contention that team is then precluded from making roster moves.
2. All teams are locked from adding or dropping players from the conclusion of the MMH Super Bowl until the end of the auction draft at the start of the next season.
 - a. Exceptions to this rule are players who are not designated as keepers, players that have retired, or other special situations.