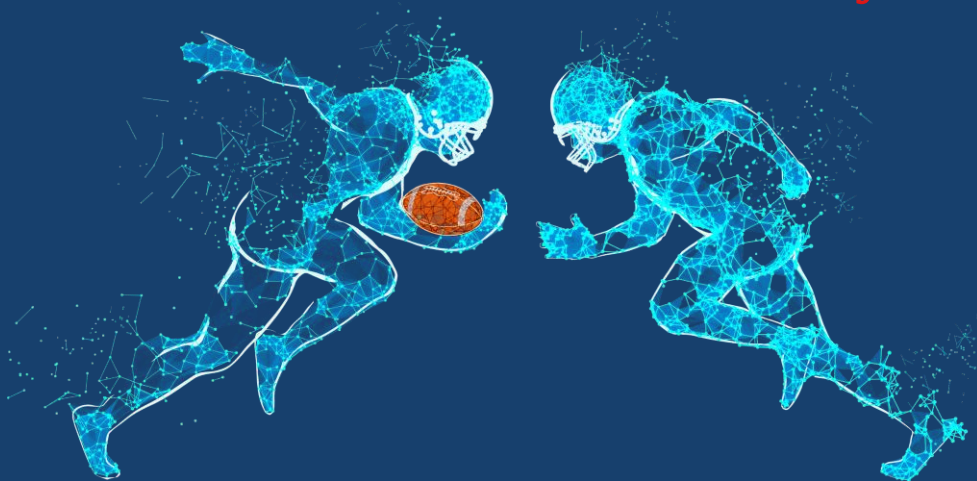




BLOOD, SWEAT, AND BEERS

Fantasy Football League





Introduction

Welcome to the Blood, Sweat, and Tears (BSB) Fantasy Football League. BSB was formed in 2024 by two veteran fantasy football commissioners joining forces to provide an enjoyable fantasy football experience.

We are looking for team owners who are competitive, passionate about the NFL and their favorite football teams, but most of all, those who like to have fun while playing this crazy game based on a game.

League Highlights

- **Keeper league – keep up to 10 players to start each season**
- **Individual offensive and defensive (IDP) players**
- **30 player roster – 8 offensive starters, 8 IDP starters, 14 player benches**
- **No kickers allowed**
- **Best Ball format, so no need to set rosters each week.**
- **Waivers will run each week – \$250 blind bid budget**
- **Tight-end premium scoring (TEs earn 1.5 points per reception)**
- **All touchdowns are worth 6 points, but all turnovers are worth minus 3 points**
- **IDP-123 scoring – increased scoring potential for IDPs**
- **30 round serpentine-style draft each season**
- **Keepers count for the round that is two rounds higher from their prior year draft slot**
- **Players drafted in the first 4 rounds of the prior year may not be a current year keeper**
- **DRAFTED rookies – keeper max of 5 years in a row (rookie season is 1st keeper year)**
- **All other players may be kept for a max of 3 years in a row**
- **Players retain their draft status no matter if dropped or traded, etc.**

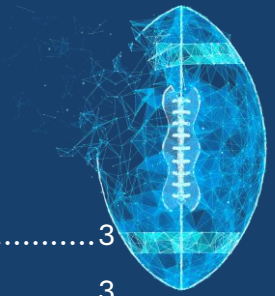


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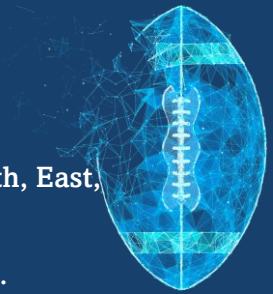


Article I. League Overview

1. BSB 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 co-commissioners will be responsible for disseminating information on all disputes that are not expressly covered by this constitution.
 - a. Commissioner: Josh Scott – commissionerjosh@gmail.com (email)
 - b. 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. We are aiming for either 12, 16, or 32 teams, depending on interest.
 - a. With 12 teams, we will have three divisions named Blood, Sweat, and Beers.




- b. If we can fill 16 teams, we will have four divisions named North, South, East, and West.
- c. If we can fill 32 teams, we will configure the league to match the NFL.
 - i. Two conferences with two sets of player universes.
 - ii. Teams will play the exact same schedule as their matching NFL franchise.
 - Playoffs will also match the NFL format.
 - *Please see article xx 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.
- 2. 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.
- 3. The use of offensive language or personal insults will not be tolerated.
 - a. Violation of this may result in loss of message board privileges or removal from the league for continued abuse.

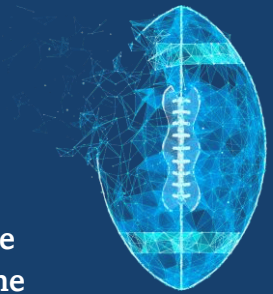
Article IV. Activity Rules

- 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 annual draft.
- 4. Owners should vote in each poll on the league website.
- 5. Owners should try to 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.

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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 will be \$100, charged to each owner prior to the start of each season.
 - a. In future seasons, we may increase the league fee, subject to a leaguewide vote.
2. The current season will NOT commence until all league fees are fully paid.
3. Example of league awards (using 12 teams as example) will be paid as follows:
 - a. Total Pool: $\$100 \times 12 \text{ teams} = \$1,200$
 - b. Less: MFL website fees of \$70
 - c. Equals: Available Award Pool (AAP) of \$1,130
 - d. Three (3) division winners receive \$61 each (about 16% of AAP)
 - e. Four (4) wild card teams = \$28 each (~10%)
 - f. Four (4) teams that advance to the second round = \$41 each (~14%)
 - g. Two (2) teams that advance to the Super Bowl = \$55 each (~10%)
 - h. Super Bowl Runner-up = \$108 (~10%)
 - i. Super Bowl Champion = \$453 (~40%)
4. If we change the league fees in a future season, the Commish will try to keep the payout percentages around the same.
5. Total payouts and percentages for Super Bowl Champion and Runner-up:
 - a. \$610 for Super Bowl Champion as a division winner (about 54% of total AAP)
 - b. \$577 for Super Bowl Champion as a wild card (~51%)
 - c. \$265 for Super Bowl Runner-up as a division winner (~23%)



- d. \$232 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 Best Ball Lineups

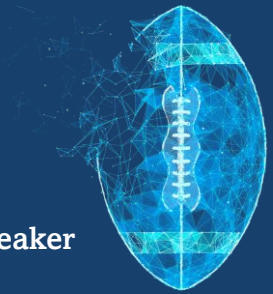
1. Each team will carry a maximum active player roster of 30 players with 16 starters and 14 bench players consisting of the following:
 - a. Quarterback (QB)..... 1
 - b. Running back (RB) 1
 - c. Wide receiver (WR) 1
 - d. Tight End (TE) 1
 - e. Flex (RB/WR/TE) 4
 - f. Defensive Linemen (DT/DE)..... 2
 - g. Linebacker (LB)..... 1
 - h. Defensive Back (CB/S)..... 2
 - i. Defensive Flex (DT/DE/LB/CB/S)..... 3
 - j. Bench (BE) 14
2. No practice squads or injured reserve



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. We will employ a “Best Ball” starting lineup system.
 - a. A Best Ball lineup means that instead of submitting a starting lineup, the MFL system will use the players from each roster that generate the best possible score each week.
 - b. No more agonizing on Sundays over who to start or bench, only to find that the player that scored the most points that week was left on your bench.

Article VIII. Regular Season and Playoffs

1. With a 12- or 16-team league, the regular season will run through the first 14 games of the NFL season followed by playoffs in weeks 15 – 17.
2. With a 32-team league, each team will play the same schedule as their NFL team counterpart.
 - a. The regular season will run through the entire 18-week NFL season followed by playoffs in weeks 19 – 22.
 - b. There will be a separate draft at the end of the regular season to help fill out squads for the NFL playoffs – see Article xx for more details
3. If the NFL increases their regular season games in a future season, we will consider increasing our regular season games as necessary.
4. The Commissioner will adjust the schedule each year based on prior year results.
5. At the conclusion of the regular season, 7 teams will qualify for the playoffs.
 - a. The 3 division winners along with the next best four (4) non-division winning teams (wild card teams).
6. 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
- 7. 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
- 8. The team with the best overall regular season record will earn a first-round bye.
- 9. 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. Keeper Rules

- 1. Teams may choose to keep up to ten (10) players from the prior year.
- 2. A player may only be kept for a maximum of three (3) years in a row, with one exception:
 - a. Any rookie that is *acquired through the draft* may be kept for five (5) years in a row, with his rookie season counting as year one.
- 3. Any player drafted in rounds one (1) through four (4) in the prior year may NOT be a keeper in the current year.
- 4. Any player who is not selected as a keeper prior to the keeper deadline (typically two weeks before the draft date) will be available for the draft.
- 5. Any player selected as a keeper will count for the round of the draft that is two (2) rounds higher than the round he was drafted from the prior year.
 - a. Example: Jayden Reed was selected in the 12th round of the previous season.
 - b. If he is selected as a keeper in the current season, he will count as that team's 10th round pick.
- 6. Any keeper that went undrafted in the prior year will count as an 18th round pick.
 - a. Example: Puka Nacua went undrafted in the prior season and was picked up through waivers.



- b. If he is selected as a keeper in the current season, he counts as that team's 18th round pick.
- 7. If multiple players would count for the same round if kept, each additional player moves up to the next available round.
 - a. Example 1: Team A has C.J. Stroud, Dalton Shultz, and Blake Cashman on their roster from the prior year who would all count as an 18th round pick.
 - b. Team A chooses to keep all three players, so that owner assigns Stroud to the 18th round, Cashman to the 17th round, and Shultz to the 16th round.
 - c. Example 2: same scenario as example 1 but Team A also wants to keep Frankie Luvu, who would count as his 16th round pick.
 - d. In this example, Schultz would have to move up to the 15th round since Luvu already occupies the 16th round for Team A.
- 8. Players retain their draft status no matter if they are traded, dropped, picked up through waivers or picked up from first come, first serve.
 - a. Example: In the prior year (year 1), Team A drafted Kyren Williams in the 15th round.
 - b. Team A decided to drop Kyren Williams to the waiver wire before week 1.
 - c. Team B added Kyren Williams during week 2 waivers and kept him on their roster for the remainder of the year.
 - d. Team B decides to keep Kyren Williams in the current year (year 2), so Kyren Williams becomes Team B's 13th round pick.
 - i. This is the 1st of 3 potential keeper years in a row.
 - e. If Team B keeps Kyren Williams in the following year (year 3), Kyren Williams would count as Team B's 11th round pick.
 - i. This would be the 2nd of 3 potential keeper years in a row.
 - f. If Team B keeps Kyren Williams again in year 4, Kyren Williams would become Team B's 9th round pick.
 - i. This would be the 3rd and final keeper year for Kyren Williams.
 - g. Kyren Williams would then be available for anyone to draft in year 5 because he was a keeper for three (3) straight years.

Article X. Keeper Selection Deadline

- 1. The commissioners will set a deadline for about a week or two before the draft for all teams to enter their keeper selections.



2. Once that deadline has passed, the commissioners will assign each player that was kept to their draft slot for each team.
 - a. Teams can then navigate to *Draft/Auction* → *Draft Results* and double-check that their keepers were entered correctly.
3. After the keeper deadline has passed, teams may drop a keeper BEFORE the draft starts but that keeper may not be replaced with a different keeper, unless one of two exceptions occurs:
 - a. If a keeper is placed on injured reserve (IR) by his NFL team, that player may be dropped and replaced by a different keeper before the draft begins.
 - b. If a keeper announces his retirement, that player may be dropped and replaced by a different keeper before the draft begins.
4. You may NOT drop a selected keeper once the draft begins, unless one of two exceptions above occurs:
 - a. If a keeper is placed on injured reserve by his NFL team while the draft is still in progress, that player may be dropped if that pick has not already occurred.
 - i. Example: J.K. Dobbins is Team B's 12th round keeper but he is injured during the preseason and placed on IR by his NFL team.
 - ii. The draft has started but is only through round 9, so Team B may post to the message board that he wants to drop J.K. Dobbins as a keeper.
 - iii. Team B is then free to draft an available player with his 12th round pick.
5. The other exception would be if a selected keeper announces his retirement during the preseason while our draft is underway.

Article XI. Rosters Report


1. It should be noted that the following important columns will be included on the Rosters report to track relevant keeper information:
2. YEARS: The number of remaining years that a player may be kept (total includes the current year).
 - a. For example, if the number in this column is 3 then after the current season there will be 2 years remaining.
 - b. 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 in a row.
3. KEEPER: Will either be blank or show a "K" followed by a number.



- a. For example, “K13” will indicate that player may be kept in the 13th round of the draft in the current season.
 - b. As noted earlier, any keeper that went undrafted in the prior year will count as an 18th round pick, so if this field is
4. **ACQUIRED:** This field will either be blank or show the round that player was picked during the draft.
 - a. For example, “4.05” indicates that player was selected with the 5th pick in the 4th round.
 - b. Player acquired information will reset automatically when a player is drafted or kept in lieu of a draft pick.
5. As indicated previously, players retain their keeper status no matter if they are traded, dropped, or picked up through free agency.
 - a. What this means is that the information in the Rosters Report will remain intact so that all keeper information for each player will remain with that player throughout the season.
 - b. The only exception is the **ACQUIRED** column that is automatically updated via the MFL system as outlined above.

Article XII. Free Agent Draft

1. We will hold an “email draft” each season in August before the NFL season begins.
2. This will be a slower style of draft with an initial 8-hour time limit per pick.
 - a. The commissioners may adjust the draft timer accordingly to speed up the draft process.
3. 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

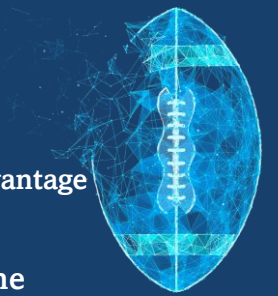
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- f. The Super Bowl Champion will draft 12th.
 - 4. Tiebreakers for teams with identical winning percentages and for teams eliminated during the same round of the playoffs will be as follows:
 - a. Least YTD total points scored for.
 - b. Most YTD 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.
 - 5. The first and all odd-numbered draft rounds are set up as above, while the even-numbered rounds are the reverse order.
 - a. This is often referred to as a 'snake' or 'serpentine' draft.

Article XIII. Blind Bid Waivers

- 1. Each team will have a \$250 free agent budget (FAB) they can spend on blind bid waivers throughout the season.
 - a. FAB balances DO NOT carryover to the following season – use it or lose it.
- 2. If you use up your \$250 FAB during the season, you will be limited to acquiring unlocked free agents through first come, first serve.
- 3. After the auction draft concludes, blind bid waivers for locked free agents will be processed by the system at 5am eastern time (ET) every day.
 - a. Once the regular season begins, waivers will run every day except for Tuesday.
- 4. Dropped players are locked until the first waivers run after 1 day.
 - a. Example: A player is dropped on Wednesday at 3pm and will therefore remain locked until waivers run on Friday at 5am.
- 5. All free agent players are locked after kickoff of that player's game until the end of that week.
- 6. All remaining free agents are locked at 9pm every Monday night during the season.
 - a. After the first waivers run of the week on Wednesday mornings during the season, those free agents who weren't acquired or dropped during that waivers process may be acquired on a first come, first serve basis.



7. No team will be informed of any other team's free agent bids (hence the name "blind bid").
8. All bids must be in increments of whole dollars.
9. The team with the highest bid for a player will be awarded that player.
10. If there is a tie between teams bidding on the same player, the tiebreaker will be how long since a franchise won a bid (longest time wins).
 - a. This essentially works the same as a waiver order that never resets, or a rolling waiver order.
11. For each free agent picked up, the winning team must drop a player to make room on their roster or already have an available roster spot.
12. 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.
13. 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.
14. Please see the MFL Help section for more details and examples of conditional blind bidding.
15. After the trade deadline, once a team is eliminated from playoff contention that team will be locked from adding or dropping players.
 - a. This is to prevent teams from dropping all of their players they drafted in the first four rounds since they can't keep them.
 - i. This could upset the competitive balance for the remaining playoff teams.
16. 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 LB, and two [2] DLs, and DBs).

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- a. This prevents teams eliminated from the playoffs from gaining an advantage in the following season by dropping less-valued positions.
17. Any transactions that violate these rules will be reversed out by the commissioner.

Article XIV. 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.
 - 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, so we don't need a veto system to detect or prevent it.
- 6. If two owners are colluding, the trade will be reversed, and the guilty parties will be booted from the league, without question.
- 7. The Trade Deadline will be the Tuesday following week 13 at 4pm ET each season.
 - a. Trades will be permitted again following the BSB Super Bowl for the current season.

Article XV. 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 highlights:
 - a. All touchdowns are worth 6 points including small yardage bonuses.
 - b. All turnovers lost to the other team are minus 3 points.
 - c. Passing yards are worth 0.04 points each.
 - d. Rushing and receiving yards are worth 0.1 points each.



- e. Punt and kickoff return yards are worth 0.05 points each.
- f. TEs will receive 1.5 points per reception (PPR), while all other positions will receive 1 PPR.
- g. Tackles for IDP are worth 2 points and 1 point for assists.
- h. Tackles for a loss are worth 2 additional points.
- i. Interceptions caught are worth 6 points each.
- j. Passes defended are worth 3 points each.
- k. Blocked kicks are worth 3 points each.
- l. Sacks are worth 6 points each (or 3 points for a half sack).
- m. QB hits are worth 1 point.
- n. Safeties are worth 3 points each.
- o. Field goals are worth 3 points each with small yardage bonuses.
- p. Missed field goals and extra points are minus 1 point each.

Article XVI. Locked Rosters

- 1. At the conclusion of week 13, once a team is eliminated from playoff contention that team is then precluded from adding or dropping players.
- 2. All teams are locked from adding or dropping players from the conclusion of the BSB Super Bowl until the end of the draft to start the next season.
- 3. Exceptions to this rule are players who are not designated as keepers, players on injured reserve, or players that have retired.