



RULES AND GUIDE

Budget Blitz Bowl

FEBRUARY

2025

So you've joined a Salary Cap League



01



WHAT'S THE BUDGET?

This league will operate with a salary cap of \$300

02

WHAT COUNTS AGAINST THE CAP?

Three things:
Player Salaries
Dead Money
Fines

03

CAN I TRADE MY SALARY CAP MONEY?

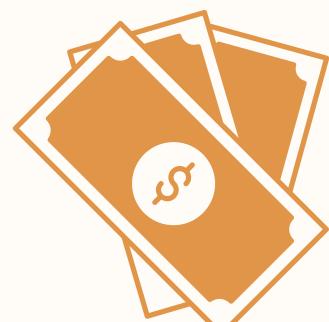
No, cap space is not tradable.

04

HOW DO I KNOW HOW MUCH TO SPEND?

That's the neat part: you don't! The league market will change and evolve over time. That's the fun of it!

05

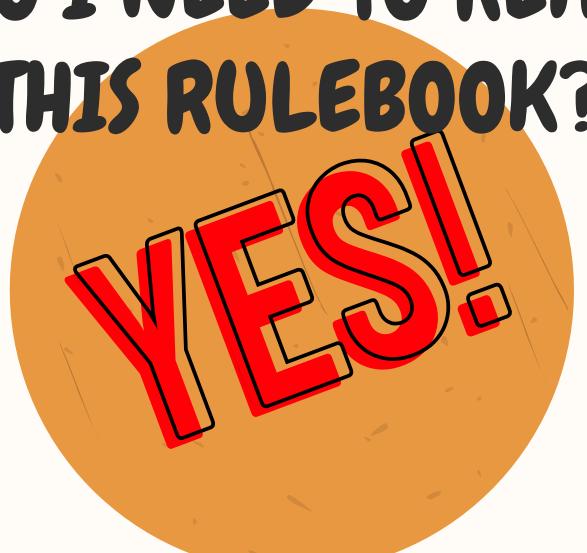


DO I NEED TO DO MATH?

No, not really. The Salary Cap Report does most of that for you. It's pinned in the league chat.

06

DO I NEED TO READ THIS RULEBOOK?



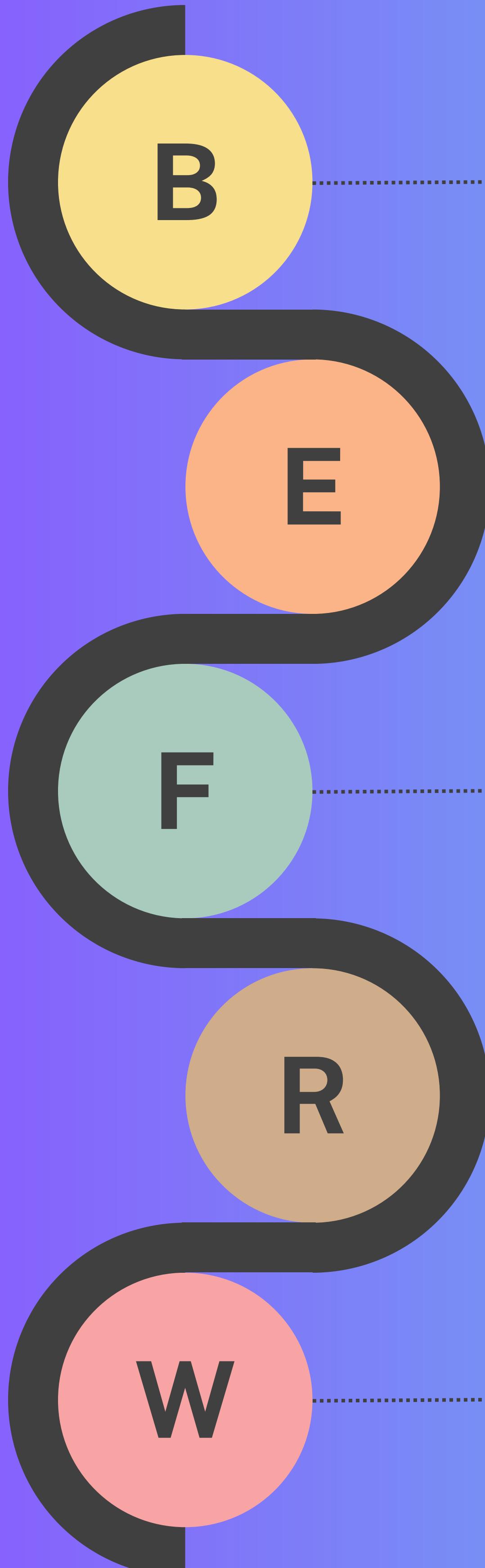
YES!

IMPORTANT NOTE!!

Teams must remain under the salary cap at all times. Failure to do so will result in a fine and roster lock.



CONTRACT TYPES



BASE CONTRACT

Awarded through the Startup Draft, Restricted Free Agency, or Free Agent Auction. The base salary amount is set by the draft/auction price. Teams choose a 1-4 year contract length. This establishes the player's initial multi-year deal.

EXTENSION CONTRACT

Can only be applied once entering the final year of a base contract. Extends the existing deal by an additional 1-3 years at the team's discretion.

FRANCHISE TAG

Applied during the offseason to impending free agents. Extends their contract by 1 year. Salary is the higher of the top 10 positional average or a 10% raise on current salary. Players may only be franchise tagged once.

ROOKIE CONTRACT

3-year contract awarded to players selected in the annual rookie draft. Salary determined by draft position with set amounts that increase 10% yearly.

WAIVER/FREE AGENCY

Contracts for players added via waivers or free agency. Salary is the FAAB bid amount for waivers, \$1 for free agents. Cannot receive extensions, but can receive a franchise tag.

All contracts increase at a rate of 10% per year
All values are rounded up to 1 decimal place

LEAGUE SCHEDULE

April 1st - December 31st*

A brief guide to the schedule of the offseason, regular season, and playoffs

FRANCHISE TAGS

ON OR BEFORE APRIL 1ST



ROOKIE DRAFT

MAY 1ST



ROSTER CUTS & EXTENSIONS

AUGUST 31ST



PLAYOFFS

WEEK 15 - WEEK 17



RESTRICTED FREE AGENCY

APRIL 1ST - APRIL 20TH*



FREE AGENCY

JULY 1ST



REGULAR SEASON

WEEK 1 - WEEK 14



BREAK PERIOD

WEEK 18 - MARCH 31ST



*Dates are approximate

Teams must remain under the Salary Cap at all times

FRANCHISE TAGS

- A FRANCHISE TAG CAN BE APPLIED TO A PLAYER THAT IS ABOUT TO BECOME A FREE AGENT (NON-RESTRICTED) TO EXTEND THEIR CONTRACT 1 MORE SEASON. THE COST OF THE FRANCHISE TAG IS THE AVERAGE OF THE TOP 10 PLAYERS AT THE POSITION, OR THE PLAYER'S CURRENT CONTRACT +10% (WHICHEVER IS HIGHER). FRANCHISE TAGS CAN ONLY BE APPLIED TO A PLAYER DURING THE OFFSEASON BY APRIL 1ST
- FRANCHISE TAGS CAN ONLY BE USED ON A PLAYER ONCE IN THEIR CAREER, EVEN IF THEY SWITCH TEAMS!
- EACH TEAM MAY USE ONLY ONE FRANCHISE TAG PER OFFSEASON

Restricted Free Agency (RFA)

WHO ENTERS RFA?

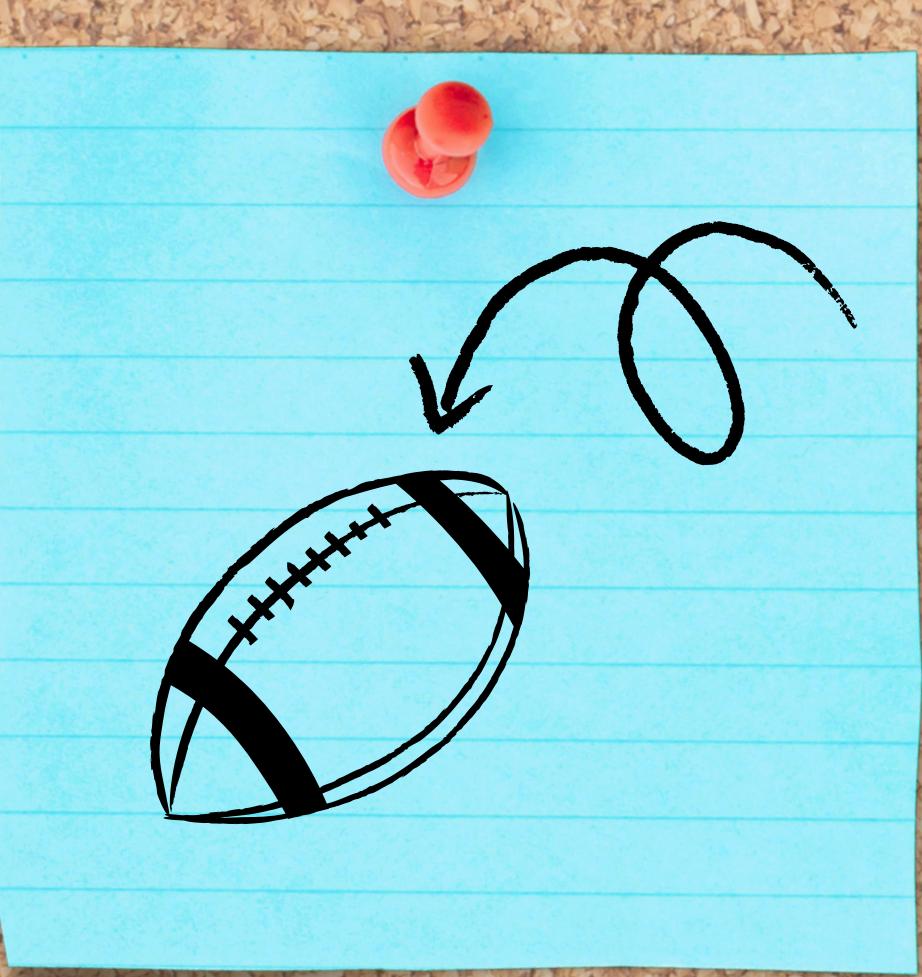
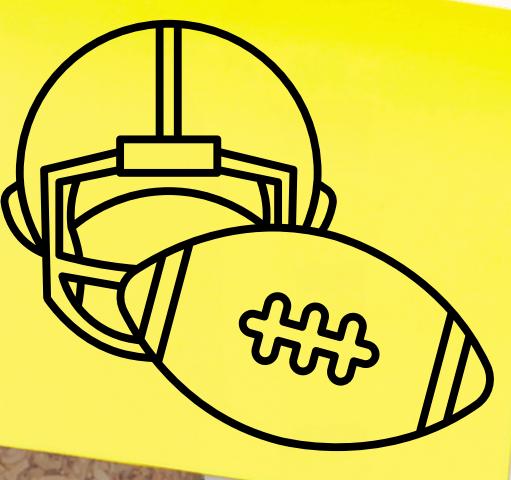
Players can enter RFA two ways:

- Players that declared a holdout whose managers declined to extend their contract
- Players whose Rookie Contract has expired
- Managers may designate one player per year added through FA/Waivers to become a RFA instead of a FA.

RFA RULES

- The commissioner will(s) publish a list of RFA players every offseason on April 8th
- In restricted Free Agency, each team gets to make 1 blind bid (or pass) on each player
 - Offers can be 1-4 years
 - Offers can be any dollar value of at least \$1
 - Offers may be edited at any time before the player has signed
- The offer with the highest value score according to the formula below will win the bid:
 - 100% Year 1 Value +
 - 80% Year 2 Value +
 - 60% Year 3 Value +
 - 40% Year 4 Value
 - The purpose of this formula is to promote dollar value over length
- During RFA, one player from each position group will be chosen at random each day to sign their contract. The winning bidder at that point will have the option to confirm their bid, or pass to the next highest bidder. Once a winning bid is confirmed, the original owner of the player has the option to match the winning bid. If they decline, the player goes to the winning bidder. This process will repeat every day until all RFAs have been signed. Managers will have the opportunity to change their bids between days.
- In the event of a tie, the teams with the high bid will make another blind bid of equal or higher value to their original bid
- At the end of RFA, a 24-hour auction will begin for any player(s) that received no bids. The original owner will still have the right to match the winning bid.
- If players still receive no bids, the original owner may sign them for \$1 or release them.

Rookie **DRAFT**



When is it?

The rookie draft will take place every May, in the weeks following the NFL draft

How does it work?

The draft order is determined by Reverse Max PF for non-Playoff Teams, and by playoff results for playoff teams. The draft is linear, and each pick has a 24 hour time limit.

Note

Rookies are allowed to spend their first year on the Taxi Squad, which gives the owner a 75% discount on their contract for that season

Note

The Rookie Draft is NOT an auction draft.

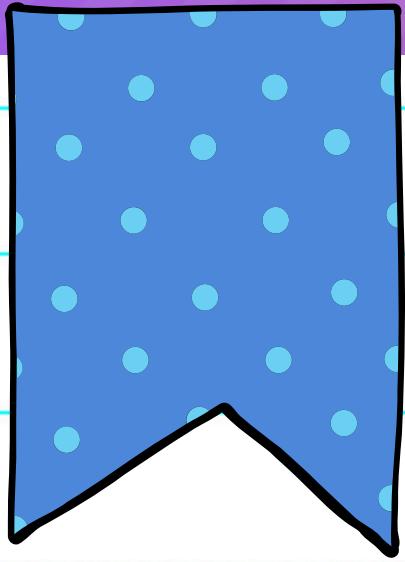
What about the contracts?

Player salaries are determined by where they are drafted. See the next page for the rookie salary table.

Rookie contracts cannot be extended, and players will enter Restricted Free Agency when their rookie contract expires.

ROOKIE SALARY

Pick	Salary	Pick	Salary	Pick	Salary	Pick	Salary
1.01	\$14	1.05	\$10	1.09	\$8	2nd	\$4
1.02	\$12	1.06	\$10	1.10	\$6	3rd	\$2
1.03	\$12	1.07	\$8	1.11	\$6	4th	\$1
1.04	\$10	1.08	\$8	1.12	\$6	5th 6th 7th	\$1



Free Agent Draft

01

Draft Budget

Each team will have their unused cap space for the upcoming season as their budget for the Free Agent Draft

Note:

You do not need to have empty bench slots to participate in the FA draft. You may exceed the roster limit during the offseason, as long as you are under the salary cap.

02

Contract Structure

After the auction, each team will have the option to sign their players for 2-4 years

Note:

- Players cannot be signed from Waivers/Free Agency at any point before the auction draft
- Players not selected during the auction will go to Waivers

03

Budget Changes

Teams may cut players from their roster before or during Free Agency to increase their cap space, therefore increasing their auction budget

HOLDOUTS



What is a holdout?

Like the real NFL, our players aren't happy when they are underpaid. If certain criteria are met, a player will refuse to sign an extension with you at their current rate. They will finish their current contract, but you must decide how to move forward before they play their final year.



Can I prevent a holdout?

No, you can't prevent them. But, you do have a couple of options to retain your player.

When do players Holdout?

Criteria:

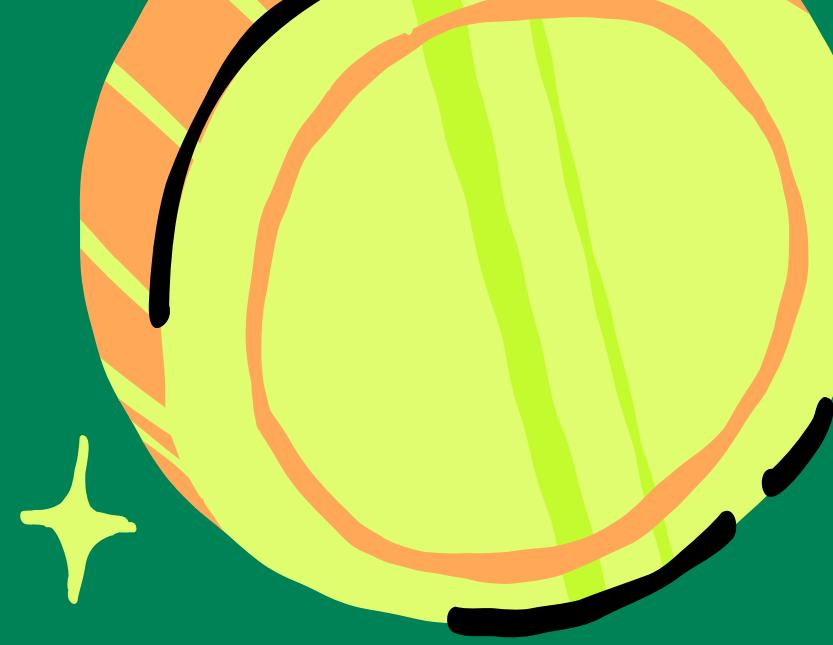
- Averaged in the top 20 in points per game (ppg) for their position in their last 17 games played
- Is under 29 years old on the first date of the new league year (April 1st)
- Is paid less than the 20th highest paid player at their position
- Is entering the final year of their contract

What options do I have?

When a player declares a holdout, you have two options. Holdouts will be declared on April 1st, and you must select an option before April 30th

- 1) Promise to extend the player's contract at a rate equal to the average of the 20 highest-paid players at their position in the previous year, starting next year. (They will still play this year at their current rate.)
- 2) Allow the player to enter Restricted Free Agency at the end of the season.

FINES



\$10 

LINEUP INFRACTION

If a manager doesn't set their team without prior communication with the commissioner(s) or a valid emergency reason, the commissioner(s) will set that team's lineup by replacing any inactive players with the highest projected valid replacement for their roster slot. The replacement player must play at the same time or later than the player they are replacing. If no player is available meeting the criteria, the inactive player will remain in the lineup.

This will apply to the regular season only. Commissioner(s) will not correct lineups in the playoffs or consolation tournament. (The fine will still apply)

Players that were ruled inactive less than 24hrs before their game will be excused from fines. They will be replaced automatically and there will be no penalty. This is extended to 48hrs for players scheduled for Monday Night games.

\$5 

SALARY CAP VIOLATION (IN SEASON)

Team is over the salary cap at the kickoff of the first game of the week.

If occurred during a playoff game, fine increases to \$10.

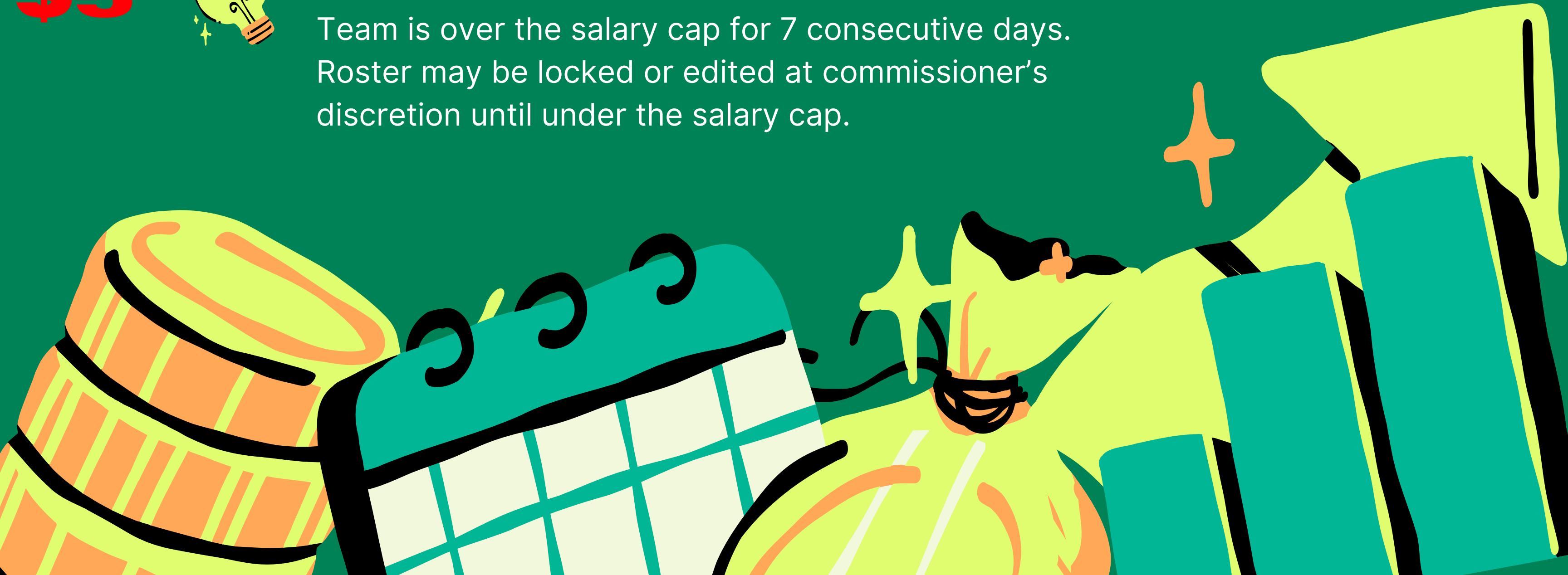
Roster may be locked or edited at commissioner's discretion until under the salary cap.

\$5 

SALARY CAP VIOLATION (OFFSEASON)

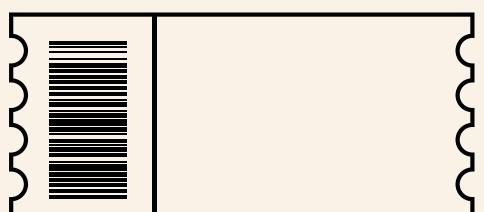
Team is over the salary cap for 7 consecutive days.

Roster may be locked or edited at commissioner's discretion until under the salary cap.



PLAYER TRANSACTIONS

Waivers



Player's salary will be the FAAB amount paid to acquire them from Waivers.

These players' contract will expire at the start of the next league year.

Cutting a Player



When you cut a player, you still have to pay some of their contract (known as "Dead Money"). The percentage you have to pay depends on how you acquired them.

Waivers or Non-Auction Free Agents:
100% Of Contract

All others:
50% of Contract



IMPORTANT

Players signed via waivers/free agency during the season cannot receive a contract extension.



They can, however, be franchise tagged.

Free Agents (Non-Auction)



These players' contract will expire at the start of the next league year. They are paid \$1.

What happens to a contract when a trade happens?

When a trade occurs, the contract is simply moved in its existing state to the new owner. No penalty applies.

Other types of Dead Money

Retirement:

- You no longer have to pay a player that has retired, but only if they have officially announced their retirement.

Arrests/Suspensions/Etc

- There is no discount on these contracts. The only thing you can do is cut the player and pay 50% of their remaining contract.

Players no longer in the NFL

- Unless the player has officially announced their retirement, there is no change to usual policy.

NEW SEASON CONTRACT FLOWCHART

