

Loaded Salary Cap Rules

-- LEAGUE FORMATION --

Upon completing your initial roster, you will be randomly placed into a league of 16 teams. GMs may not have more than 1 team in an individual league, but can have unlimited teams throughout the Loaded Salary Cap Contest.

-- FEES --

The entry fee for joining the RosterDoc.com Loaded Salary Cap League is \$19.95.

Trades will cost \$1 each. However, discounted trade bundles available for purchase at the RosterDoc.com Cashier. All trades must be purchased at the RosterDoc.com Cashier.

There are no other fees associated with the contest.

-- SELECTING YOUR ROSTER --

Player values are set on a weekly basis via the Player Market. Each GM will be given a \$100 million payroll to work with each week. Your active roster (16 players) must stay at \$100 million or less at all times. Player values will be listed next to each player. These players will remain on your team until you trade them off your team.

- Starting Lineup Consists of: -

- 2 Quarterbacks
- 4 Runningbacks
- 4 Wide Receivers
- 2 Tight Ends
- 2 Kickers
- 2 Defense/Special Teams

- Bench -

Each team will have 3 bench slots. Players on your bench will have their salaries frozen the same way players on your active roster do. Additionally, the players on your bench do not count towards your \$100 million payroll cap.

- Player Salary Changes -

Player values are set on a weekly basis via the Player Market. Once a player is acquired from the Player Market, his salary remains frozen for his tenure on your roster. For example, your starting QB is Carson Palmer. You acquired him from the Player Market at a salary of \$5m. 2 weeks later, his salary increases to \$6m according to the Player Market values. You will retain Palmer at his \$5 million salary until you trade him off your roster. (The same holds true if Palmer's Player Market value decreases).

- Trades -

Each week, GMs have the important decision of trading players to and from their team. A trade is a simple salary swap. If you have a QB that you think you are paying too much, you can trade him for a different QB. It is important to note that you can trade a player for him. For example, you may have a QB at \$5 million that is now worth \$3m. If you would like to keep him on your team, but decrease his salary, you can simply trade him for himself at the lower salary. Please note that you must have trade slots available. Trade slots can be purchased at the RosterDoc.com cashier. Trades are unlimited in quantity, as long as you stay within the \$100 million payroll at all times.

If you trade a player on your active roster, you can only trade him for a player at the same position. Players on your bench can be traded for a player at any position.

Please note that all teams will have the ability to make unlimited trades for free until the start of Week 3. It is only until the start of Week 3 that purchased trade slots will have to be used.

-- SCORING --

The following is a breakdown on the scoring system. Please note that scoring will be rounded to the nearest 100th decimal place (a team can have a weekly score of 145.15):

Passing	
Category	Points
Passing Yardage	0.05 point per passing yard
Passing Touchdown	4 points
Interception	-1 point
2pt Conversion	2 points

Rushing	
Category	Points
Rushing Yardage	0.1 point per rushing yard
Rushing Touchdown	6 points
2pt Conversion	2 points
Receiving	
Category	Points
Receiving Yardage	0.1 point per receiving yard
Reception	1 point
Receiving Touchdown	6 points
2pt Conversion	2 points
Place Kicking	
Category	Points
Extra Point	1 point
1-39 Yard FG	3 points
40-49 Yard FG	4 points
50+ Yard FG	5 points
Defense & Special Teams	
Category	Points
Sack	1 point
Interception	2 points
Fumble Recovery	2 points
Safety	2 points
Defense or Special Teams Touchdown*	6 points
Points Against	.5 (one-half point) for every point under 20 allowed (Example: 10 points for a shutout, 13 points allowed equals 3.5 pts, 17 points allowed equals 1.5 points, etc.)

*Defensive or special teams touchdown include: kickoff return, punt return, fumble return, interception return, blocked punt return and returns after a missed field goal.

Note 1: In plays that contain more than one turnover, fumble recovery points will be awarded to the recovery team's defense and special teams. For example, Team X's offense fumbles and Team Y's defense recovers, but then fumbles the ball back to team X's offense. In that scenario, team X's defense and special teams (as well as team Y's defense and special teams) are both awarded a fumble recovery.

Note 2: Touchdowns scored on fake field goals or fake punts do not count as Defense/Special Teams scoring. Touchdowns scored by the offensive team after a blocked punt or blocked field goal do not count as a Defense/Special teams score.

Note 3: Points allowed includes all points scored by the opposing team, regardless if the opposing team scores on offense, defense or special teams.

Note 4: In the unlikelihood of a scoring occurrence that is not covered in the rules, we will defer to the official game scoring.

Note 5: Special teams touchdowns will only be credited to Team Defense/Special teams.

i.Stat Changes & Official End of Week Rule

All weekly stats will be considered final on Fridays at 11:59PM Eastern. Occasionally, official NFL game stats will be altered several days after a game has ended. After each Friday at 11:59PM Eastern, no stat changes will be reflected in the standings. For example, Week 1 Stats will be considered final on Friday September 17, 2010 at 11:59PM Eastern. Please note that this deadline also applies to challenging any potential statistical errors made by RosterDoc League Staff. To challenge a statistic, you notify the RosterDoc.com Staff via email info@rotosterdoc.com by the deadline.

-- STANDINGS AND PLAYOFF STRUCTURE --

- Regular Season Standings & Victory Points -

Teams will be ordered in their leagues of 16 according to Victory Points. RosterDoc.com Loaded Salary Cap League does not use a head-to-head system. Instead, you play each team in your league every week. The highest scoring team for the week receives 16 Victory Points. The 2nd highest scoring team will receive 15.... The lowest scoring team in the league for the week will receive 1 point.

After 13 weeks of the regular season, the league winner(s) will be decided according to total victory points.

At the conclusion of Week 13, League Prizes will be awarded based on final Victory Point totals.

1st Place will receive \$150

2nd Place \$50

3rd Place \$25

4th Place \$20 in RosterDoc Dollars (to be used towards any future RosterDoc.com contest).

- Determining the Playoff Teams -

Beginning in Week 14, the RosterDoc. Loaded Salary Cap Playoff League will take place. The Top 8 teams in each league according to Victory Points will advance to the Playoffs. Depending on where your team finishes in the regular season, you will receive a payroll bonus for the Playoffs:

If your team finishes in the following seeds during the regular season:

1st – 3rd: \$105 million payroll cap

4th – 6th: \$103 million payroll cap

7th – 8th: \$100 million payroll cap

This gives a slight reward to successful playoff teams because they receive a larger payroll cap for the playoffs.

- Tiebreakers -

The tiebreakers for determining Playoff seeds are as follows:

1. Total Points from Weeks 1-13
2. Total Points from Weeks 12-13
3. Total Weeks with 16 Victory Points
4. Total Active QB points from Weeks 1-13
5. Total Active K points from Weeks 1-13

- DEADLINES AND IMPORTANT DATES –

- Weekly Starting Times -

The week is considered to begin each Tuesday at 12:01 AM. The season schedule is as follows:

Week 1: Tuesday, September 7th through Monday September 13th.

Week 2: Tuesday, September 14th through Monday, September 20th

Week 3: Tuesday, September 21st through Monday, September 27th

Week 4: Tuesday, September 28th through Monday, October 4th

Week 5: Tuesday, October 5th through Monday, October 11th

Week 6: Tuesday, October 12th through Monday, October 18th

Week 7: Tuesday, October 19th through Monday, October 25th

Week 8: Tuesday, October 26th through Monday, November 1st

Week 9: Tuesday, November 2nd through Monday, November 8th

Week 10: Tuesday, November 9th through Monday, November 15th

Week 11: Tuesday, November 16th through Monday, November 22nd

Week 12: Tuesday, November 23rd through Monday, November 29th

Week 13: Tuesday, November 30th through Monday, December 6th
Week 14: Tuesday, December 7th through Monday, December 13th
Week 15: Tuesday, December 14th through Monday, December 20th
Week 16: Tuesday, December 21st through Monday, December 27th
Week 17: Tuesday, December 28th through Monday, January 3rd

- Weekly Deadlines -

Players can be traded on/off your active roster at any time before their game begins that week. Once that player's game begins for the week, he is locked on your team. This holds true for all players, regardless of the day of their game (Thursday, Saturday, Sunday, Monday, etc.).

- Cancelled / Postponed Games -

In the event of a cancelled or postponed game, players will still receive points for the week if the game is played before 11:59PM on Wednesday night following the originally scheduled game. If the game is not made up by the following Wednesday, players from those teams on active rosters will receive 0 points.

- Registration Deadlines -

If you register by Thursday, September 9th at 5pm EST, you will be placed in a league and begin the season in Week 1. You will get unlimited free trades until the start of Week 3: Tuesday, September 21st.

An extended registration period will be held between Thursday September 9th at 5pm and Friday, September 17th at 8pm EST. If you register during this period, you will be placed into a league that begins the season in Week 2. Week 1 will be omitted from the schedules & standings of these extended registration leagues. Teams from these leagues will be able to make unlimited free trades only for Week 2.