

## **Ultimate Keep-Em Cap League Rules**

As an Ultimate Keep-Em Cap League owner, you will draft, trade, set salaries, and manage your own team year round just like in the pros. The league fee each season will be \$60 per team.

This team will now be yours as long as you remain an owner. After the initial draft, you will sign all your players to salaries. Your salaries represent the years your players are signed and for how long. A salary cap of 60 years will be set. Your total yearly salary must never exceed the leagues salary cap. (The rules are listed below).

The next season will begin in February each year. This is when Free Agency will begin. Each team will have a chance to bid on players that are listed as free agents. You will be spending your Fantasy Dollars (FD's) (See below for details) to sign them to new salaries. The bidding will be conducted on the message board in our league area. All bids must be in multiples of point five. (example 1, 1.5, 2, 2.5 ...) Only free agent signings and trades will be conducted during this time period. See free agency for more details. After the free agency period has ended, the league will hold a Free Agent/Rookie Draft to complete your team roster. The following information bellow will describe the league fee, prizes, scoring, salary cap, and complete rules.

All examples below will be based on a 12 team league.

### **League Fee**

The annual league fee for the Ultimate Keep-Em Cap League is \$60 per team. The league fee is due prior to the initial draft, and due by the end of the winter meetings for each following year. Transaction fees will also apply (The rules are listed below).

### **League Prizes**

Top 5 teams will finish in the prize spots with the following prizes:

1 <sup>st</sup>	35%
2 <sup>nd</sup>	27%
3 <sup>rd</sup>	20%
4 <sup>th</sup>	10%
5 <sup>th</sup>	8%

### **Initial Draft**

The initial draft will be conducted on April 5<sup>th</sup>, 2007. The draft will be a standard serpentine draft. We will conduct a draft of 24 rounds to aquire a 24 player roster from both the American and National League teams. After the draft each team must have a minimum of players as listed under the Team Rosters section listed below.

Before the draft begins, we will draw team names from a hat. The first team selected will select what draft position they would like to draft and another team is selected from the hat. The second team will select their draft position. This continues until all 14 teams have been selected and the draft order is set.

Odd number draft rounds will select Team 1 through Team 12  
Even number draft rounds will select Team 12 through Team 1

**Eligible Players:**

Any player can be drafted on draft day as long as all mandatory positions are filled with “active” players currently on a MLB 25 man roster. This means that all 20 active positions on each team’s roster may not have a player on the DL, in the Minors, or that is a MLB Free Agent. All players drafted that are on the DL, in the Minors or are a MLB Free Agent must occupy a reserve spot by the end of the draft.

**Team Rosters**

Team rosters will be made up of **24 positions** at all times. Each team roster will be required to have the following:

**Position Player Minimums**

1 – 1B  
 1 – 2B  
 1 – 3B  
 1 – SS  
 1 – C  
 4 – OF  
 1 – CI (corner infield (1B or 1B))  
 1 – MI (middle infield (2B or SS))  
 1 – UT (utility (any position player))

**Pitcher Minimums**

8 total Min

The remaining four (4) spots are up to you.

**Position Eligibility**

Games Played at a position last season, Minimum 10 games

Games Played at a position this season, Minimum 10 games

If a player has not played a position other than DH for 10 games or more, that player will default to the 1B position (i.e., David Ortiz)

**Players will be allowed to have multi position availability if they qualify.**

Rookie status Eligibility for free agency:

Position Players: 20 games or less = Rookie

Pitchers: 8 games or less – Rookie

Games played last season, Minimum 20 games.

If a player was on an active roster from the previous season and is a restricted free agent, they will be considered eligible for free agency. If they are unrestricted, they are considered rookies if they did not play in more then 20 games for position players, 8 games for pitchers. Rookie positions will be determined by the MLB rankings and the Commissioner will rule on any conflicts with the best interest of the league. The official MLB site would be used to settle any disputes.

**League Scoring**

The league will be a Rotisserie Style Scoring System. The following categories will be used:

### **Position Player Categories Pitcher Categories**

HR – Home Runs

SB – Stolen Bases

RBI – Runs Batted In

R – Runs

AVG – Batting Average

ERA – Earned Run Average (lowest)

WHIP – Walks+Hits/Innings Pitched (lowest)

K – Strikeouts

S – Saves

W – Wins

The scoring periods are weekly, Monday through Sunday. Lineups for each scoring period are due prior to 10 AM EST on the first day of the scoring period. Lineups submitted after 10 AM EST will go into effect at the beginning of the next scoring period. If a lineup is not submitted the previous weeks lineup will be used.

Your starting roster will be made up of 12 position players and 8 pitchers. Your starting roster to be turned in weekly will include:

#### **Position Players**

1 – 1B

1 – 2B

1 – 3B

1 – SS

1 – C

4 – OF

1 – CI (corner IF (1B or 1B))

1 – MI (middle IF (2B or SS))

1 – UT (utility (any position player))

#### **Pitchers**

8 total

8 Max

Statistics from starting rosters each week will accumulate throughout the season. The team leading in each category will receive 12 points, the team in 2<sup>nd</sup> will receive 11 points... the team in last will receive 1 point. The team accumulating the most points at the end of the season will be the champion.

### **Team Salary Cap**

The salary cap for all teams will be a maximum of 60 years per team. A teams total salary years assigned to their players can be equal to, but not greater than 60 years. Each team must sign their players on their rosters to salaries.

Each team will be made up of 24 players. The first 24 players on your roster will be drafted during the initial draft. Once the draft has been completed, you will have a time period of one week to sign all your players to salary years. If you do not submit a salary list to the league, your players will be considered all 1 year salary players except for the following:

- ↳ 1<sup>st</sup> round pick will have a salary of 5 years.
- ↳ 2<sup>nd</sup> round pick will have a salary of 4 years.
- ↳ 3<sup>rd</sup> round pick will have a salary of 3 years.
- ↳ 4<sup>th</sup> and 5<sup>th</sup> round picks will have a salary of 2 years each.

Any player drafted in the initial or Free Agent Draft can be assigned to any type of salary without being charged a transaction fee. The length of the years must not exceed the salary cap for your team. No player on your roster can be traded until your salaries have

been submitted and approved by the commissioner. Your team will always be made up of 24 players and they will always be required to be signed to a salary.

### **Salary Years / Salary Lengths**

Salary years are the amount of time that you own a player for and the amount that it cost against your teams salary cap. When a players salary years length has run out, he will be available to be bid on during the Free Agent period. The previous owner will be able to retain a player (restricted free agent), but they will need to match the bid that has been wagered. No team may bid more FD's (FD's are listed later) than they have available for their team. If a restricted free agent player is not bid on during the free agency period, he will now be considered an unrestricted free agent. This player will now be available for the Free Agent/Rookie Draft.

Each team must have the following contracts signed for each year:

- 5 year salary contract – min-1 player
- 4 year salary contract – min-1 player
- 3 year salary contract – min-1 player
- 2 year salary contract – min-2 players
- 1 year salary contact – min-10 players, max 19 players

The year that the initial salary is given is the year the salary starts to mature from. The signing year never changes unless the salary expires or is released to free agency. The salary years can be increased but never decreased unless released to free agency where the player will be listed as an unrestricted free agent.

**Salary Examples:** how to read your players salary:

- 3B Wes Helms (2007,1yr,1yr,0ex)  
Means signed in the year 2007 for 1 year, 1 year against this years cap, salary extended 0 times.
- SP John Smoltz (2005,3yr,1yr,1ex)  
Means signed in the year 2005 for 3 years, 1 year against this years cap, salary extended 1 time.
- 1B Albert Pujols (2005,5yr,3yr,1ex)  
Means signed in the year 2005 for 5 years, 3 years against this years cap, salary extended 1 time.

The first number is the year signed to a salary and never changes unless released to free agency. The Second number is the amount of years a player is signed for and can only be increased if a team has the Cap, and roster qualifications. The third number is the years against this years salary cap. The fourth number is the amount of times the player's team has extended the players contract.

### **Trading players**

If you trade a player(s), the salary signing year does not change and the salary years assigned will remain the same and could only be increased. Transaction fees will be charged for any increase to a team getting increased salaries. If a player is traded, the extended years listed on the salary returns to 0. The trading team has the option to increase the salary years for a \$1 per year extended transaction fee. If this occurs, the players extended number goes to 1.

## Transactions

Dropping one player on your roster for another player not on a roster: Each team will have unlimited transactions per week at a cost of a \$1 transaction fee.

Transactions will open on April 13<sup>th</sup>. Transactions will be kept on and will be first come first serve. Players that are dropped by a team will go through waivers for a 48 hour period. Everyone else will be first come first serve. This will allow for transactions to stay open while we still use waivers for dropped players to free agency.

Any player not on any other team's Fantasy roster and not on Waivers (discussed below) is available, as long as that player is on an active 25 man roster and not on the DL. Requests for drop/add's are effective for the following week's games. For example, if an owner adds a player and drops a player on Wednesday, the roster is instantly updated for the following week, but the "pre-Add/Drop" roster is still in effect for the remainder of the current week's games. The deadline for submitting a drop/add request is thirty (30) minutes before the deadline for setting rosters (9:30 AM EST) in order to have the transaction effective for that week.

### Exception to above:

The exception to this rule would be if you have a player go on the DL on Monday. You can select a player and notify the commissioner by 8:00 PM EST if you desire to change the DL player from your active roster. You must have made an "Add" to your team prior to the 8:00 PM EST deadline. The commissioner will then update your team's roster for the upcoming week. **This only applies to players that go on the DL on Monday prior to 8:00 PM EST.** When sending in these requests, please supply the player that was placed on the DL, the website address where you see this player listed on the DL, and the player that will replace him on the active roster.

Free Agents that are called up from the Minors or activated from the DL will go through the Waiver process listed below.

Any player that is added to a roster will be considered a 1 year salary player unless informed otherwise. Your team will be charged \$1 for the transaction. This player can be signed to a longer contract for \$1 for each additional year signed, see Extending Salaries listed below. Also make sure that you maintain the minimum requirements for your roster and salary restrictions or the transaction will be denied.

**A player that has a multi year salary that is dropped by a team cannot be re-picked up by that team through waivers. They would need to wait 1 week from the time they clear waivers. This is to prevent dropping players and getting them back to extend salaries.**

### Cap Hit

**If you drop a multi-year player, you will take a cap hit for the remainder of this year and next for ½ of the players remaining contract. For example, if you drop Scott Kazmir (2005,4yr,2yr,0ex), you will take a hit on your cap of 1 year for 2007 and 1 year for 2008.**

### Exceptions to Cap Hit:

In the unfortunate event that one of your players passes away, you can drop that player without taking a cap hit.

If a player retires during his tenure on your team, you can drop that player without taking a cap hit.

### **Drop/Add**

In order to add a player, you must drop a player unless one of the following occurs:

- ➔ You have a player placed on the DL.
- ➔ You have a player sent to the minors.

There will be a no restriction to the amount of players on the DL, but once you have 4 players on the DL, you must start to use your reserve spots to store DL players. There will be a restriction of 2 players sent to the minor leagues on your roster. DL/Minor players can be on your reserve roster, but if you do not have enough players to fill all of your active roster spots with non-DL/Minor players, you will have one week from the time the player goes on the DL, or sent to the minors, to select another player to add. This player is added to your roster at a salary of 1 year. If you do not make a selection within one week of DL/Minor designation, your team will be fined \$1, within 2 weeks, \$3, within 3 weeks, \$5.

Once a player returns from the DL/Minors, you have one week to either: (a) drop a player from your roster, or (b) drop the player returning from the DL/Minors from your roster. If you do not do one of the following within one week, the DL/Minor player will automatically be dropped from your roster. If the player dropped has a multi-year salary, the salary cap hit listed above goes into effect.

### **Waivers**

A player must clear waivers before he can be picked up by another team. A player will have 48 hours on waivers. You will be able to put in for a waiver claim for the player where the highest wavier position team will receive them at a cost of a \$1 transaction fee. If the player is selected via waivers, the team claiming the player will add that player's contract, and must drop another player. Waiver position is determined at the time the player is placed on waivers. The team in last place has the first waiver position; the team in first has the last waiver position.

Players called up from the Minors or activated from the DL will go through the waiver process and signed to a 1 year contract.

Any player that is not claimed through waivers goes into the Free Agent pool and can be claimed as a standard Drop/Add.

### **Trading**

Trading period is from April 23<sup>rd</sup> through August 23<sup>rd</sup>. All trades must be submitted to the commissioner and trade commissioners for vote, and must be received by both teams. Player for player trades can be made during the season. Any future draft pick and FD trades can only be made with teams that are paid in full for the next season. Player for player trades can be submitted as long as each team has the cap room and meets roster restrictions. Each team will be charged \$1 for each player received, and \$1 for each increasing salary year. For example, Team A trades Alex Rodriguez (2005,5yr,3yr, 0ex) to team B for David Wright (2005,4yr,3yr,1ex). Team A is charged \$1 for the trade, and must make sure that all salary restrictions are met, and Team B is charged \$1 for the trade plus \$1 for the salary increase, and also must make sure that all salary restrictions are met.

### **Extending Salaries**

Salary years can be adjusted anytime up until the end of the season for a transaction fee of \$1 per each year extended. From the start of the Free Agency period through October 1<sup>st</sup> salaries can be adjusted upwards as long as you have cap room and meet roster limits. After the regular season has ended, any team may adjust their salary years to their players as well as drop players on their rosters before rosters lock and salaries freeze. Rosters lock and salaries freeze on November 1<sup>st</sup>, 11:59 PM EST, and are frozen until the following season's free agency period. NOTE: after November 1<sup>st</sup> through the end of the Free Agent/Rookie Draft is the only time that your roster may be incomplete.

**You can only extend a player's contract once during his tenure with your team. At the end of the player's second tenure with your team, this player will be considered an unrestricted free agent. You will have the opportunity to bid on this player during free agency as an unrestricted free agent.**

**At the end of the season, any expiring players will still count towards your team's cap unless you cut them. Expiring players count against your cap until they are removed. They are removed after the rosters lock. Expiring players are restricted free agents, except as listed in the paragraph above. If you cut a player, the empty spot will be represented as a 1 year salary spot against the cap. The cut player will also be considered an unrestricted free agent. If the cut player has a multi-year contract, the cap hit applies.**

At no time may a team have more players than the maximum amount of 24 players. This does not count the DL players who become activated at seasons end. If you have DL players at the end of the season, they will be activated on October 1<sup>st</sup>. You will have until rosters lock to inform the league of what player will be dropped to make room to activate that player. If they are not activated they will be cut. Salary cap rules are always in effect as well. At least 10 players must go to free agency each season from each team. This means that each team may only have up to 14 players on their roster after November 1<sup>st</sup>. Salaries will be updated to reflect the salaries for next season. Expired players and cut players count as players going to free agency. DL players released do not count as each team can have only 14 players on their rosters when the rosters lock. Cap hits apply unless the player finished the season on the DL or in the minors. If that is the case, that player can be cut and a cap hit will not take effect.

### **FD's (Fantasy Dollars)**

These are dollars that you will use for free agents at the beginning of next year. Each team will receive 17 FD's at the end of the season. Based on final standings, each team will also receive an additional amount of FD's for bidding:

1<sup>st</sup> place – 1 FD

2<sup>nd</sup> through last prize spot – 2 FD's

First non-prize spot through last place – 3 FD's

All FD's do not have to be used during free agency. These FD's can be carried over to the next year.

### **Free Agency and Bidding**

Free Agency is when any Position Player or Pitcher is available and is not listed on a team's roster. Free Agents may be picked up during the Free Agent Bidding Period. Players that are free agents at the end of the season will be available to be signed to a salary during the Free Agency Period or drafted in the Free Agent/Rookie Draft. Rookies

coming up for the next season are not considered free agents and can only be selected during the Free Agent/Rookie Draft. The team that has the highest bid on a player during free agency will receive the player. Each player must be signed to a salary year once the team has won the bid. Your bid is the maximum amount of the salary years that you may sign the player to. You may also sign the player to a higher salary year, but you will be charged a \$1 transaction fee for each additional year. Example: A team bids 2 FD's and wins the player. He now can be signed to a 1 or 2 year salary without any further charges. If you wish to sign him to a higher yearly salary (3,4 or 5), it will cost \$1 for each additional year added. If the bid is 5 FD's or more, you may sign him to a 1, 2, 3, 4, or 5 year salary without any other transaction fees charged. Players won in free agency will be listed on your rosters as 1 year salary players unless the league commissioner is advised otherwise. Each won bid has up to 2 weeks to adjust any won bids higher. After that 2 week period, a player will remain at the 1 year salary unless a team wishes to extend his contract, and a transaction fee is charged. (Won bids that have been submitted as increased more then the 1 year will not be allowed to be decreased once posted). If the players contract years are increased after the 2 week period, it will be considered an extended salary, and that players salary may not be increased again throughout that players tenure with your team.

### **Restricted Free Agent**

A Restricted Free Agent is a Position Player or Pitcher that has had their salary expire at the end of a season. The player will now be available to be bid on during the Free Agency Period. Each team may use there FD's to bid on the players available. After a team has won a bid on a player, the previous team owner may retain the player only if they are willing to match the bid. . **Each team that has the restricted rights to a player will have up to 1 day to retain that player unless the previous owner is away and had notified the commissioner. It is important to reply back with your intentions as teams cannot over bid their FD's.** A team may also bid on there own restricted free agent. Remember if a restricted player is not bid on, they become unrestricted and will be available for the Rookie/Free Agent Draft.

### **Free Agency Period**

Free Agency bidding will begin February 16<sup>th</sup>. The bidding of free agents will be held on our leagues message board.

#### **(1) First bidding period:**

February 16 at 12:01 AM – February 27 at 10:00 PM

(Stale bids are 48 hours)

#### **(2) Second bidding period:**

March 09 at 12:01 AM EST – March 16 at 10:00 PM

(Stale bids are 48 hours)

#### **(3) Third and Final Bidding Period:**

March 17 at 12:01 AM – March 23 at 10:00 PM

(Stale bids are 24 hours)

Bids must be a minimum of 1 and in minimum increments of .5. You may start a bid at what you feel a player should be bid at as long as it is equal to or greater then 1.

**Sample bid should look like this:**

**Bids should be posted like this:**

Position and Player or Team Name / Bid amount / Team making the bid

**Examples:** P/Cole Hamels/Phi/7 FD's/ Executioners  
1B/Jason Giambi/NYY/5 FD's/Executioners

Once a bid has been submitted and posted on the board, a bid cannot be removed. A bid will only be removed by the commissioner if an owner has over bid their FD's. In this case it would be the last bid(s) posted that would be removed. Please do not over bid your FD's as a penalty will be enforced.

After free agency, you must still have 3 open roster spots for the rookie/free agent draft – if you have 14 multi-year players going into free agency, the maximum amount of free agents that you can sign during the free agency periods is 7.

### **Overbid Penalty**

First offense a warning will be issued if an owner has made an over bid. A second offense will be a warning and a \$3 / 1FD fine. Any Further over bids by that team would be \$3 / 3 FD's fine per incident.

Once you place a bid on the board, others can bid on that player until the player goes stale. Teams can bid on players as long as they have enough FD's to cover any bids posted. If a team over bids their FD's, their most recent bids will be removed from the board. **Once a bid has gone stale, bids can no longer be made on that player. Each team that has the restricted rights to a player will have up to 1 day to retain that player.** If a player is not retained during that time period, the winning bid will be awarded to the team with the high bid. The player will be placed on the winning team and will be listed as a 1 year salary unless the winning bidder advises the commissioner otherwise. Each team must not exceed the salary cap of 60 years. Any owner over bidding their FD's will have the over bids removed from the board, and be fined as listed above. After the Free Agency period has ended, the date for the FA/Rookie draft will be scheduled. See Free Agent/Rookie Draft for drafting information.

Cut players in the third Period of the Free agency Period cannot be re-picked up by the team that cuts them. Any players dropped in the third period of free agency cannot be re-picked up by the team that released him until after the Rookie/Free Agent draft. This prevents an owner from dumping an expiring soon valued player. Without this rule, an owner could re-bid and win them at low non marketable amount and give the owner the opportunity to extend the contract of a player without paying a transaction fee and adhering to the limit of one contract extension.

### **Winter Meetings**

This is a one week period where teams can make trades. It will be held from February 09 – February 15. Winter meetings are where teams can talk and make trades for players on rosters, FD's, and Rookie Draft picks. It is a great way to get the baseball league into motion. Trading rules apply as all trades must be sent to the commissioner by all teams in the trade to confirm the deal.

**Trading is allowed during the winter meetings and then again during free agency up until the rookie/free agent draft. Trading will not be allowed during the draft.**

**After the Rookie/Free Agent draft has been completed, the rosters will be locked until the Saturday before the start of the season. The exact date will be posted prior to each season.**

**A reminder on what can be traded in winter meetings and free agency:** Active roster players, FD's, Draft picks rounds 1,2, and 3 for the next Free Agent/Rookie Draft (You cannot trade the rights to retain a player, only the previous owner can retain a player) Draft picks cannot be traded for any rounds after round 3.

### **Free Agent/Rookie Draft**

The draft order will be based on the prior years final year end standings. This draft will be first non-prize spot to worst, then last prize spot to first in every round. For example, with 14 teams, the prize spots from the previous season were 1<sup>st</sup> through 5<sup>th</sup>, the draft order would be: 6,7,8,9,10,11,12, 5,4,3,2,1. This draft will be scheduled after the Free Agency period ends. The draft will last as long as teams need to fill the spots on their rosters. **The players being drafted will be the rookies going into MLB and any players that are not on an active roster in the league.** Players that are drafted in this draft can be signed to any yearly salary for free without any transaction fees. All teams must not exceed the salary cap of 60 years. This insures that all the teams will be able to complete their rosters if they have run out of FD's during the free agency bidding. Trades can be made for draft positions only after Winter Meetings have begun for the new season. Future draft choices can be traded only if the teams involved are paid in full for the future season. See trading for the rest of the trading rules.

### **Transaction Fees**

All transaction fees must be paid in full by November 9<sup>th</sup>.

### **Important Dates**

April 5 <sup>th</sup>	Initial Draft – 7:00 PM at Wynne's Creekside Inn
April 12 <sup>th</sup>	Salary years must be submitted to the commissioner by 11:59 PM EST
April 13 <sup>th</sup>	Drop/Add Period Begins
April 22 <sup>nd</sup>	Trading Period Starts
August 23 <sup>rd</sup>	Trading Deadline
October 1 <sup>st</sup>	End of Regular Season
November 1 <sup>st</sup>	Rosters freeze to a maximum of 24 players
November 9 <sup>th</sup>	All transaction fees due
November 12 <sup>th</sup>	Prizes Awarded
February 9 <sup>th</sup>	Winter Meetings begin
February 15 <sup>th</sup>	Winter Meetings end – 2008 League Fees due
February 16 <sup>th</sup>	First Free Agent Period Begins
February 27 <sup>th</sup>	First Free Agent Period Ends
March 9 <sup>th</sup>	Second Free Agent Period Begins
March 16 <sup>th</sup>	Second Free Agent Period Ends
March 17 <sup>th</sup>	Third Free Agent Period Begins
March 23 <sup>rd</sup>	Third Free Agent Period Ends
End of March	Free Agent/Rookie Draft

### **Statistics**

All statistics and standings will be completed using TQStats – [www.tqstats.com](http://www.tqstats.com). The fee for TQStats will be deducted from any prizes. In addition to TQStats, there will be a website used to compile Salary Caps and other miscellaneous information – [www.geocities.com/shotelstats](http://www.geocities.com/shotelstats).

### **Commissioners**

Head Commish: Steve D.  
Secondary Commish: Chaz K.  
Trade Commish: Gary S.

### **Expansion / Contraction**

If it is necessary for the league to expand or contract, it will be discussed with all teams prior to any final decision.