The SuperFlex Experiment

Week 1

125dynasty7spotMike

Released	Ameer Abdullah	LV RB	Commissioner	Mon Jul 15 2:40pm CT
Released	Chuba Hubbard	CAR RB	Commissioner	Mon Jul 15 2:40pm CT
Released	Joshua Kelley	LAC RB	Commissioner	Mon Jul 15 2:40pm CT
Released	Zay Jones	ARI WR	Commissioner	Mon Jul 15 2:40pm CT
Released	Alec Pierce	IND WR	Commissioner	Mon Jul 15 2:40pm CT
Released	Tyler Higbee	LAR TE	Commissioner	Mon Jul 15 2:40pm CT
Released	Blake Grupe	NO K	Commissioner	Mon Jul 15 2:40pm CT
Released	New York Jets	NYJ D/ST	Commissioner	Mon Jul 15 2:40pm CT

Bleeding Green Dynasty 125 III

Off I/R	Jayden Reed	GB WR	Owner	Wed Jul 24 9:34am CT
On I/R	T.J. Hockenson	MIN TE	Owner	Wed Jul 24 9:34am CT
On I/R	Jayden Reed	GB WR	Owner	Mon Jul 22 1:27pm CT
On I/R	Keaton Mitchell	BAL RB	Owner	Mon Jul 22 1:27pm CT
Released	Keaton Mitchell	BAL RB	Owner	Sat Jul 13 4:53am CT
Released	Baker Mayfield	TB QB	Owner	Sat Jul 13 4:53am CT
Released	Ty Chandler	MIN RB	Owner	Sat Jul 13 4:53am CT
Released	Jalin Hyatt	NYG WR	Owner	Sat Jul 13 4:53am CT
Released	Jake Browning	CIN QB	Owner	Tue Apr 23 4:24am CT
Released	Keaontay Ingram	KC RB	Owner	Tue Apr 23 4:24am CT
Released	Isaiah Likely	BAL TE	Owner	Tue Apr 23 4:24am CT
Off I/R	T.J. Hockenson	MIN TE	Owner	Tue Apr 23 4:22am CT
Traded		The Almighty K-Gregorians		Tue Jul 9 10:37am CT

Rnd 2, Pick 11 Jaleel McLaughlin RB DEN

Rnd 3, Pick 8

Drifting at Sea 8

On I/R	Antonio Gibson	NE RB	Owner	Fri Jul 26 12:06pm CT
Released	Khalil Herbert	CHI RB	Owner	Sat Jul 13 9:35pm CT
Released	Wan'Dale Robinson	NYG WR	Owner	Sat Jul 13 9:35pm CT
Released	Dontayvion Wicks	GB WR	Owner	Fri Jun 28 8:05am CT
Released	Michael Wilson	ARI WR	Owner	Sat May 11 8:55am CT
Released	Elijah Moore	CLE WR	Owner	Mon Mar 11 6:48pm CT
Traded		Maulers D8		Wed Jul 24 12:03pm CT
	Rnd 8, Pick 1		2025 Draft, Rnd 7	
	Rnd 8, Pick 2			
	Rnd 8, Pick 3			
Traded		He Hate Me D4		Cat Jul 42 4:44pm CT
rraded	D 1 11 DD 011	пе пате ме D4	D 15 D' 1 10	Sat Jul 13 1:44pm CT
	Roschon Johnson RB CHI		Rnd 5, Pick 12	
Traded		Lunatic Fringe 10		Sat Jul 13 12:50pm CT
	Rnd 1, Pick 7		James Conner RB ARI	
			J.K. Dobbins RB LAC	
			Rnd 5, Pick 1	
			Rnd 6, Pick 1	
			Rnd 7, Pick 1	
			Rnd 8, Pick 1	
			Rnd 8, Pick 2	
Traded		He Hate Me D4		Sat Jul 13 11:38am CT



Released

Jeff Wilson

The SuperFlex Experiment

www.rtsports.com 2024 Transactions Tue Aug 6 5:18pm CT

Rnd 2, Pick 12 Gus Edwards RB LAC Rnd 6, Pick 12 Traded The Almighty K-Gregorians Thu Jun 6 8:42am CT Justin Fields OB PIT Matthew Stafford QB LAR Rnd 1, Pick 3 Jaylen Warren RB PIT Rnd 7, Pick 3 Rnd 1, Pick 7 Rnd 7, Pick 7 He Hate Me D4 Released Michael Thomas NO WR Owner Fri Jul 5 4:59pm CT Mon Jun 3 10:02pm CT Released Kareem Hunt CLE RB Owner KC RB Mon May 6 10:21pm CT Released Jerick McKinnon Owner NO D/ST Sun Apr 7 9:12am CT Released New Orleans Saints Owner Released **Dallas Cowboys** DAL D/ST Owner Sun Apr 7 9:12am CT Released Jake Elliott PHI K Owner Sun Apr 7 9:12am CT Off I/R Michael Thomas NO WR Owner Sat Apr 6 9:52pm CT Wed Jul 24 3:18pm CT Traded The Almighty K-Gregorians Rnd 9, Pick 12 Rnd 8, Pick 7 Rnd 10, Pick 7 Rnd 10, Pick 12 Traded The Almighty K-Gregorians Sat Jul 13 8:43pm CT Josh Downs WR IND Rnd 2, Pick 10 Rnd 2, Pick 12 Rnd 6, Pick 7 Rnd 7, Pick 3 Rnd 10, Pick 7 Traded Drifting at Sea 8 Sat Jul 13 1:44pm CT Rnd 5, Pick 12 Roschon Johnson RB CHI Traded Drifting at Sea 8 Sat Jul 13 11:38am CT Gus Edwards RB LAC Rnd 2, Pick 12 Rnd 6, Pick 12 Hoarder Released Geno Smith SEA QB Owner Tue Jul 23 12:25pm CT Darren Waller NYG TE Thu May 2 2:29pm CT Released Owner Released Jordan Mason SF RB Owner Mon Mar 4 4:58pm CT Traded Maulers D8 Thu Jul 11 12:07pm CT Drake London WR ATL Trevor Lawrence QB JAX Bryce Young QB CAR Rnd 1, Pick 6 Traded The Almighty K-Gregorians Fri May 3 9:07am CT Christian Watson WR GB Rnd 2, Pick 7 Marvin Mims WR DEN LLUA APWAOAOT nosflx renewed On I/R Mike Williams NY.I WR Sun Aug 4 1:47pm CT Owner Released Rondale Moore ATL WR Owner Tue Jul 2 10:25am CT K.J. Osborn NE WR Mon Jun 17 6:22pm CT Released Owner Released Gerald Everett CHI TE Mon Jun 17 6:22pm CT Owner Released Salvon Ahmed MIA RB Fri Mar 8 12:42pm CT Owner

Owner

MIA RB

Fri Mar 8 12:42pm CT



Traded

The SuperFlex Experiment

www.rtsports.com 2024 Transactions Tue Aug 6 5:18pm CT

Released Tyler Bass BUF K Owner Released Miami Dolphins MIA D/ST Owner Traded The Almighty K-Gregorians Rnd 3, Pick 8 Rnd 3, Pick 8 Rnd 4, Pick 7 Rnd 9, Pick 7 Rnd 9, Pick 7 Released D'Onta Foreman CLE RB Owner Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner Traded Salamanders 7	Fri Mar 8 12:42pm CT Fri Mar 8 12:42pm CT Mon Jun 17 6:20pm CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Traded Rnd 3, Pick 8 Rnd 3, Pick 8 Rnd 4, Pick 7 Rnd 9, Pick 7 Rnd 9, Pick 7 Released D'Onta Foreman Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis The Almighty K-Gregorians Mike Williams WR NYJ Rnd 4, Pick 7 Rnd 9, Pick 7 Rod 9, Pick 7 Rnd 9 Owner Owner Owner Owner	Mon Jun 17 6:20pm CT Sun Jul 14 12:28am CT
Rnd 3, Pick 8 Rnd 4, Pick 7 Rnd 9, Pick 7 Rud 9, Pick 7 Released D'Onta Foreman Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Released D'Onta Foreman CLE RB Owner Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Released D'Onta Foreman CLE RB Owner Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Lunatic Fringe 10 Released D'Onta Foreman CLE RB Owner Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Released D'Onta Foreman CLE RB Owner Released Josh Palmer LAC WR Owner Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
ReleasedJosh PalmerLAC WROwnerReleasedLuke MusgraveGB TEOwnerReleasedGabriel DavisJAX WROwner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Released Luke Musgrave GB TE Owner Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT Sun Jul 14 12:28am CT
Released Gabriel Davis JAX WR Owner	Sun Jul 14 12:28am CT
Traded Salamanders 7	Sun Jul 21 5:23pm CT
Rnd 4, Pick 10 2025 Draft, Rnd 3	
Rnd 9, Pick 1	
Rnd 10, Pick 1	
Traded Drifting at Sea 8	Sat Jul 13 12:50pm CT
James Conner RB ARI Rnd 1, Pick 7	·
J.K. Dobbins RB LAC	
Rnd 5, Pick 1	
Rnd 6, Pick 1	
Rnd 7, Pick 1	
Rnd 8, Pick 1	
Rnd 8, Pick 2	
Traded Salamanders 7	Fri Jul 5 11:01am CT
Justin Herbert QB LAC J.K. Dobbins RB LAC	
Rnd 2, Pick 2	
Rnd 4, Pick 10	
Traded Salamanders 7	Thu Mar 7 5:24nm CT
Traded Salamanders 7 Rnd 1, Pick 1 Rnd 1, Pick 2	Thu Mar 7 5:31pm CT
Rid 1, Fick 2 Rnd 2, Pick 3	
Rnd 4, Pick 2	
Mid +, Flox 2	
Maulers D8	
Off I/R Ricky Pearsall SF WR Owner	Sun Aug 4 1:31am CT
On I/R Ricky Pearsall SF WR Owner	Wed Jul 24 6:46pm CT
On I/R Juwan Johnson NO TE Owner	Mon Jul 22 12:12am CT
Released Baltimore Ravens BAL D/ST Owner	Sat Jul 13 1:06am CT
Released Odell Beckham Jr. MIA WR Owner	Fri Jul 5 1:28am CT
Released Jason Sanders MIA K Owner	Mon Jul 1 11:39pm CT
Released Miles Sanders CAR RB Owner	Sun Jun 30 2:34pm CT
Released Cincinnati Bengals CIN D/ST Owner	Sun Jun 30 2:34pm CT
Released Damien Harris BUF RB Owner	Sun Jun 30 2:00pm CT
Released Nick Folk TEN K Owner	Sun Jun 30 2:00pm CT
Released Emari Demercado ARI RB Owner	Sun Jun 30 1:59pm CT
Traded Drifting at Sea 8	Wed Jul 24 12:03pm CT
2025 Draft, Rnd 7 Rnd 8, Pick 1	
Rnd 8, Pick 2	
Rnd 8, Pick 3	

Hoarder

Thu Jul 11 12:07pm CT



The SuperFlex Experiment

www.rtsports.com 2024 Transactions Tue Aug 6 5:18pm CT

Trevor Lawrence QB JAX

Rnd 1, Pick 6

Drake London WR ATL Bryce Young QB CAR

Justin Herbert QB LAC

Salamanders 7

 Released
 Hendon Hooker
 DET_QB
 Owner
 Thu Jul 25 5:09am CT

 Released
 Desmond Ridder
 ARI_QB
 Owner
 Thu Mar 14 9:04am CT

 Traded
 Who Dey & The Blowfish
 Wed Jul 24 4:32pm CT

2025 Draft, Rnd 7 Rnd 8, Pick 4

Traded Lunatic Fringe 10 Sun Jul 21 5:23pm CT

2025 Draft, Rnd 3 Rnd 4, Pick 10
Rnd 9, Pick 1
Rnd 10, Pick 1

Traded Lunatic Fringe 10 Fri Jul 5 11:01am CT

J.K. Dobbins RB LAC Rnd 2, Pick 2 Rnd 4, Pick 10

Traded Lunatic Fringe 10 Thu Mar 7 5:31pm CT

Rnd 1, Pick 2 Rnd 1, Pick 1
Rnd 2, Pick 3
Rnd 4, Pick 2

The Almighty K-Gregorians

Rnd 10, Pick 7

CAR WR Mon Jul 8 9:48am CT Released Jonathan Mingo Owner Off I/R **Daniel Jones** NYG QB Thu May 30 5:14pm CT Off I/R Mike Williams NYJ WR Thu May 30 5:14pm CT Owner Acquired Jerome Ford CLE RB Commissioner Fri May 3 4:44pm CT HOU WR Fri May 3 9:09am CT Released Xavier Hutchinson Owner Released Pierre Strong Jr. CLE RB Owner Fri May 3 9:07am CT Released Jerome Ford CLE RB Fri May 3 9:07am CT Owner Released Chris Rodriguez Jr. WAS RB Owner Sun Mar 17 2:20pm CT Clyde Edwards-Helaire KC RB Owner Sun Mar 17 2:20pm CT Released Traded He Hate Me D4 Wed Jul 24 3:18pm CT

Rnd 8, Pick 7 Rnd 9, Pick 12 Rnd 10, Pick 7

Rnd 10, Pick 12

Traded He Hate Me D4 Sat Jul 13 8:43pm CT

 Rnd 2, Pick 10
 Josh Downs WR IND

 Rnd 6, Pick 7
 Rnd 2, Pick 12

 Rnd 7, Pick 3
 Rnd 2, Pick 12

Traded Bleeding Green Dynasty 125 III Tue Jul 9 10:37am CT

Jaleel McLaughlin RB DEN Rnd 2, Pick 11
Rnd 3, Pick 8

Traded LLUA APWAOAOT nosflx renewed Mon Jun 17 6:20pm CT

Mike Williams WR NYJ Rnd 3, Pick 8
Rnd 4, Pick 7

Rnd 9, Pick 7

Traded Drifting at Sea 8 Thu Jun 6 8:42am CT

Matthew Stafford QB LAR Justin Fields QB PIT



The SuperFlex Experiment

www.rtsports.com 2024 Transactions Tue Aug 6 5:18pm CT

Jaylen Warren RB PIT

Rnd 1, Pick 7 Rnd 7, Pick 7 Rnd 1, Pick 3 Rnd 7, Pick 3

Traded

Hoarder

Fri May 3 9:07am CT

Rnd 2, Pick 7

Christian Watson WR GB Marvin Mims WR DEN

Who Dey & The Blowfish

Released	Justin Watson	KC WR	Owner	Fri Jul 12 9:14pm CT
Released	Chase Edmonds	TB RB	Owner	Fri Jul 12 9:14pm CT
Released	Tank Bigsby	JAX RB	Owner	Fri Jul 12 9:14pm CT
Released	Treylon Burks	TEN WR	Owner	Wed Jul 10 9:38pm CT
Released	Michael Mayer	LV TE	Owner	Thu Jul 4 2:49pm CT
Released	D.J. Chark	LAC WR	Owner	Thu Jul 4 2:49pm CT
Released	Michael Carter	ARI RB	Owner	Thu Jul 4 2:49pm CT
Traded		Salamanders 7		Wed Jul 24 4:32pm CT

Rnd 8, Pick 4 2025 Draft, Rnd 7

Zuccini Bandits

Released	Kansas City Chiefs	KC D/ST	Owner	Wed Jul 10 9:41pm CT
Released	Robert Woods	HOU WR	Owner	Wed Jul 10 9:41pm CT
Released	Jamaal Williams	NO RB	Owner	Wed Jul 10 9:41pm CT
Released	Latavius Murray	BUF RB	Owner	Wed Jul 10 9:41pm CT
Released	Justice Hill	BAL RB	Owner	Wed Jul 10 9:41pm CT
Released	Tutu Atwell	LAR WR	Owner	Wed Jul 10 9:41pm CT
Released	Indianapolis Colts	IND D/ST	Owner	Wed Jul 10 9:41pm CT
Released	Greg Dulcich	DEN TE	Owner	Wed Jul 10 9:41pm CT