

## NFL Pension Benefits Calculator

Instructions: Fill in the blanks with your information to estimate your NFL pension benefits.

1. Number of Credited Seasons: \_\_\_\_\_ (Minimum 3 seasons to qualify)
2. Retirement Age: \_\_\_\_\_ (Standard retirement age is 55, but benefits can start as early as 45 for players with pre-1993 seasons)
3. Monthly Benefit Rate: \$5,640 (As of 2023, for players retiring after 1998. This rate may change in future CBAs)

### Calculate Your Estimated Monthly Pension:

A. Basic Calculation: Number of Credited Seasons \_\_\_\_\_ x \$5,640 = \$\_\_\_\_\_ per month

B. Age Adjustment Factor: If retiring before 55, multiply the result from A by:

- 0.29 (age 45)
- 0.39 (age 50)
- 0.68 (age 53) If retiring at 55 or later, use 1.0

Age Adjustment Factor: \_\_\_\_\_

C. Estimated Monthly Pension: Result from A \$\_\_\_\_\_ x Age Adjustment Factor \_\_\_\_\_ = \$\_\_\_\_\_ per month

D. Estimated Annual Pension: Monthly Pension \$\_\_\_\_\_ x 12 = \$\_\_\_\_\_ per year



Note: This is a simplified calculation. Actual benefits may vary based on specific NFL pension plan rules, changes in the Collective Bargaining Agreement, and individual circumstances. Always consult with the NFL Player Benefits Department or a financial advisor for the most accurate and up-to-date information.