

2026 Week 4 Waiver Wire

Revision 1 | 2026-09-29T16:11:42Z

12-team redraft, half-PPR, one starting quarterback. Bids use the original season FAAB budget. Game points equal official standard points plus 0.5 per reception; they are historical results, not projections. Missing weekly rows are not labeled zero. Kicker and defense scoring depends on league rules.

Start with the position where a claim can improve your lineup. Allen and Gordon lead the opportunity bids; Sadiq and Johnson offer alternatives for a weak tight end slot. Statistics cover all 48 games through Week 3. Rankings and bid ranges are MFT editorial judgments, not copied expert prices.

FAAB ranges use your original season budget: 10% is \$10 from an original \$100 budget. Cap bids at your remaining balance and follow league minimums and increments.

Check these players first

Braelon Allen / Ollie Gordon / Kenyon Sadiq / Juwan Johnson / Keenan Allen

Running backs

1. Braelon Allen | NYJ

Conditional priority add | Suggested FAAB: 12-22%

Breece Hall is reported week-to-week. Bid for opportunity, not a promised starting workload. Half-PPR game points: W1 4.00, W2 8.00, W3 3.20.

Main risk: Reduce the bid if Hall practices fully; do not treat a Tuesday report as a final inactive list.

Injury condition: Hall has a reported quad injury; Week 4 availability remains unconfirmed.

Report-week opponent: at CHI

Yahoo (via FantasyPros): 18% rostered; checked on 2026-09-29. Check your league.

2. Ollie Gordon | MIA

Opportunity add | Suggested FAAB: 12-22%

Achane is reported out for the season. Gordon is a reasonable first claim for an empty RB slot. Half-PPR game points: W1 no recorded row, W2 0.70, W3 13.00.

Main risk: Miami could split the work; a large bid buys uncertainty as well as opportunity.

Injury condition: Achane is reported out for the season with an ACL tear; confirm Miami's current backfield plan.

Report-week opponent: at MIN

Yahoo (via FantasyPros): 3% rostered; checked on 2026-09-29. Check your league.

3. Jaylen Wright | MIA

Bench stash | Suggested FAAB: 3-8%

Wright missed Week 3 with reported stinger/foot issues. Prefer a small bench investment until participation is clearer. Half-PPR game points: W1 -0.10, W2 1.10, W3 no recorded row.

Main risk: Do not start him merely because a teammate is unavailable.

Injury condition: Recheck Wright's own practice status before bidding or starting him.

Report-week opponent: at MIN

Yahoo (via FantasyPros): 1% rostered; checked on 2026-09-29. Check your league.

4. Keaton Mitchell | LAC

Bench stash | Suggested FAAB: 1-4%

Treat his recent production as a reason to monitor touches, not proof that he owns this backfield. Half-PPR game points: W1 0.90, W2 4.40, W3 12.20.

Main risk: A low-cost bench role is easier to justify than a forced Week 4 start.

Report-week opponent: at SEA

Yahoo (via FantasyPros): 32% rostered; checked on 2026-09-29. Check your league.

Wide receivers

1. Keenan Allen | IND

Receiver depth | Suggested FAAB: 2-5%

Nine Week 3 targets give a thin receiver roster something tangible to work with. Prefer him when you need catches now. Half-PPR game points: W1 6.20, W2 1.00, W3 15.30.

Main risk: One productive game does not establish a stable weekly floor.

Report-week opponent: at WAS (London, neutral venue)

Yahoo (via FantasyPros): 21% rostered; checked on 2026-09-29. Check your league.

2. Mack Hollins | NE

Receiver depth | Suggested FAAB: 1-4%

His nine targets and 87 receiving yards in Week 3 support a modest depth claim. Compare him with your last bench receiver. Half-PPR game points: W1 7.10, W2 2.80, W3 11.70.

Main risk: Three games offer limited evidence; avoid paying for a repeat of his best week.

Report-week opponent: at BUF

Yahoo (via FantasyPros): 3% rostered; checked on 2026-09-29. Check your league.

3. Malik Washington | MIA

Bench receiver | Suggested FAAB: 1-3%

Ten Week 3 targets make him worth a cheap bench spot when volume matters more than touchdown upside. Half-PPR game points: W1 4.80, W2 6.70, W3 8.60.

Main risk: Targets can change quickly, and a bench add does not require an immediate start.

Report-week opponent: at MIN

Yahoo (via FantasyPros): 20% rostered; checked on 2026-09-29. Check your league.

Quarterbacks

1. Geno Smith | NYJ

Quarterback stream | Suggested FAAB: 1-3%

His Week 3 passing production makes him a usable replacement option in a one-QB league. Keep the claim behind a clear RB or TE need. Half-PPR game points: W1 9.30, W2 15.58, W3 26.04.

Main risk: Do not project one 300-yard game across the rest of the season.

Report-week opponent: at CHI

Yahoo (via FantasyPros): 9% rostered; checked on 2026-09-29. Check your league.

2. Kirk Cousins | LV

Quarterback fallback | Suggested FAAB: 0-2%

Three touchdown passes in each completed game put him on the fallback list. Pay for a current lineup need rather than a season-long guarantee. Half-PPR game points: W1 13.80, W2 20.22, W3 22.22.

Main risk: Touchdown-driven scoring can fall sharply even when passing volume remains similar.

Report-week opponent: vs KC

Yahoo (via FantasyPros): 14% rostered; checked on 2026-09-29. Check your league.

Tight ends

1. Kenyon Sadiq | NYJ

Tight end upside | Suggested FAAB: 6-12%

Eight targets and 105 receiving yards in Week 3 justify a meaningful bid for a weak TE slot. Rank that upgrade against your RB alternatives. Half-PPR game points: W1 9.90, W2 2.70, W3 20.00.

Main risk: The first two games were quieter; a breakout is evidence, not a guarantee.

Report-week opponent: at CHI

Yahoo (via FantasyPros): 18% rostered; checked on 2026-09-29. Check your league.

2. Juwan Johnson | NO

Tight end add | Suggested FAAB: 4-9%

Eight catches in Week 3 give him a useful case as a TE replacement. Compare the three-game pattern with the player you would release. Half-PPR game points: W1 12.90, W2 8.60, W3 19.30.

Main risk: Do not budget for multiple touchdowns every week; league availability is unverified.

Report-week opponent: vs ATL

Check your league; availability unknown.

Kickers

1. Spencer Shrader | IND

Kicker stream | Suggested FAAB: 0-1%

He made all four field-goal attempts in Week 3 and all eight through three games. Use a low-cost claim when your kicker slot needs a replacement.

Main risk: Kicker scoring varies by league and opportunity; do not chase last week's total with a premium bid.

Report-week opponent: at WAS (London, neutral venue)

Check your league; availability unknown.

Team defenses

1. Minnesota Vikings | MIN

Defense stream | Suggested FAAB: 0-1%

A Week 4 streaming candidate from the current NFL.com shortlist. Choose only after checking your league scoring and available alternatives.

Main risk: Turnovers and defensive touchdowns are volatile; this is a one-week option rather than a season-long projection.

Report-week opponent: vs MIA

Check your league; availability unknown.

2. Buffalo Bills | BUF

Defense stream | Suggested FAAB: 0-1%

A Week 4 streaming candidate from the current NFL.com shortlist. Choose only after checking your league scoring and available alternatives.

Main risk: Turnovers and defensive touchdowns are volatile; this is a one-week option rather than a season-long projection.

Report-week opponent: vs NE

Check your league; availability unknown.

Deep leagues and stashes

Wright and Mitchell are lower-cost bench options. Washington fits a receiver-depth need. Keep kicker and defense spending minimal. Check current roster status before reusing a prior edition: Jonah Coleman is now RES in the maintained roster and is not presented as a Week 4 starter.

Superflex adjustment

Prioritize available starting quarterbacks more highly when two can start. These one-QB bids are not superflex valuations; compare the expected lineup improvement with your remaining budget.

Claim strategy

Submit ordered alternatives for the same drop slot. Scale the high end of a bid to an actual starting need; a bench stash belongs near the low end. Preserve budget for later weeks. Check deadline, minimum bid and tie-breaking rules. Recheck all injury-dependent claims before waivers process.

What changed

New Week 4 edition using September 29 identities, rosters, stats and source checks. Prior editions remain unchanged. Yahoo observations are attributed to FantasyPros and remain separate from unknown availability. Matchups follow the maintained schedule, including neutral-site notation, rather than conflicting article labels. No stale injury database was presented as a fresh injury report.

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MyFootballToolbox.com - Email report options

Source notes

Knowledge cutoff: 2026-09-29T16:11:04Z

nflverse - 2026 weekly statistics, retained September 29

nflverse - 2026 roster, validated September 29

FantasyPros - Week 4 waiver advice, September 29

FantasyPros - Current injury reporting checked September 29

NFL Network via NFL.com - Current injury reporting checked September 29

NFL.com - Week 4 candidate shortlist

Yahoo Sports - Week 4 kicker streaming options

Yahoo availability observations were checked September 29 from FantasyPros. Unknown availability remains unknown. Recheck practice reports and your league before bidding.