SUPER BOWL LX
BETTING GUIDE

VSiN **PRO**

MAYE DAY OR MAYDAY?

UNDERDOG PATRIOTS LOOK FOR SUPER BOWL LX UPSET OF SEAHAWKS

OUR **PRO GUIDE** INCLUDES

- SUPER BOWL LX GAME PREVIEW & TOP TRENDS
- BEST BETS & PREDICTIONS FROM VSiN HOSTS
- STEVE MAKINEN'S GAME SIMULATION AND PROPS

VSiN

Greetings, everyone!

After 272 regular season games and 12 playoff games, Super Bowl LX is here! That also means our Super Bowl LX Betting Guide has arrived and it is the best Big Game preview magazine we have ever put out.

In our Super Bowl Betting Guide, you will find:

- Best Bets, Final Score, and MVP Picks from VSiN Hosts and Experts
- Steve Makinen's Super Bowl LX Simulation and Top 10 Betting Trends
- Zachary Cohen's Patriots vs. Seahawks Preview
- Adam Burke's Historical Look at the Super Bowl MVP Award and Prop Betting Tips
- Our Guide Editor Matt Devine's "Exceptional" Super Bowl Prop Picks

Along with our OptaAI Super Bowl Player Prop Projections and this Betting Guide published to the online home of THE Sports Betting Network, we're also going to have a ton of great analysis and even more picks on our 24/7 broadcast channel, which you can find on SiriusXM Ch. 158, YouTube TV (Sports+ Package), our VSiN YouTube page, on VSiN.com, the VSiN Watch App, on over 400 radio stations nationwide, or wherever you get your podcast content. Our podcast feeds include archived show replays and also our family of recorded podcasts.

Check out our special Super Bowl programming schedule for Sunday, February 8:

(all times ET)

9 A.M.-NOON
VSiN's Pro Football Tailgate Show: Big Game Edition (Mitch Moss, Pauly Howard)

NOON-2 P.M.
A Numbers Game: Big Game Edition (Gill Alexander, Kelley Bydlon)

2-4 P.M.
Prop Points: Big Game Edition (Tim Murray, John "Guru" Hansen)

4-6 P.M.
Money Moves: Big Game Edition (Stormy Buonantony, Jonathan Von Tobel)

6-10 P.M.
Big Game Betting: Live from Vegas (Matt Brown, Mike Somich)

10 P.M.-1 A.M.
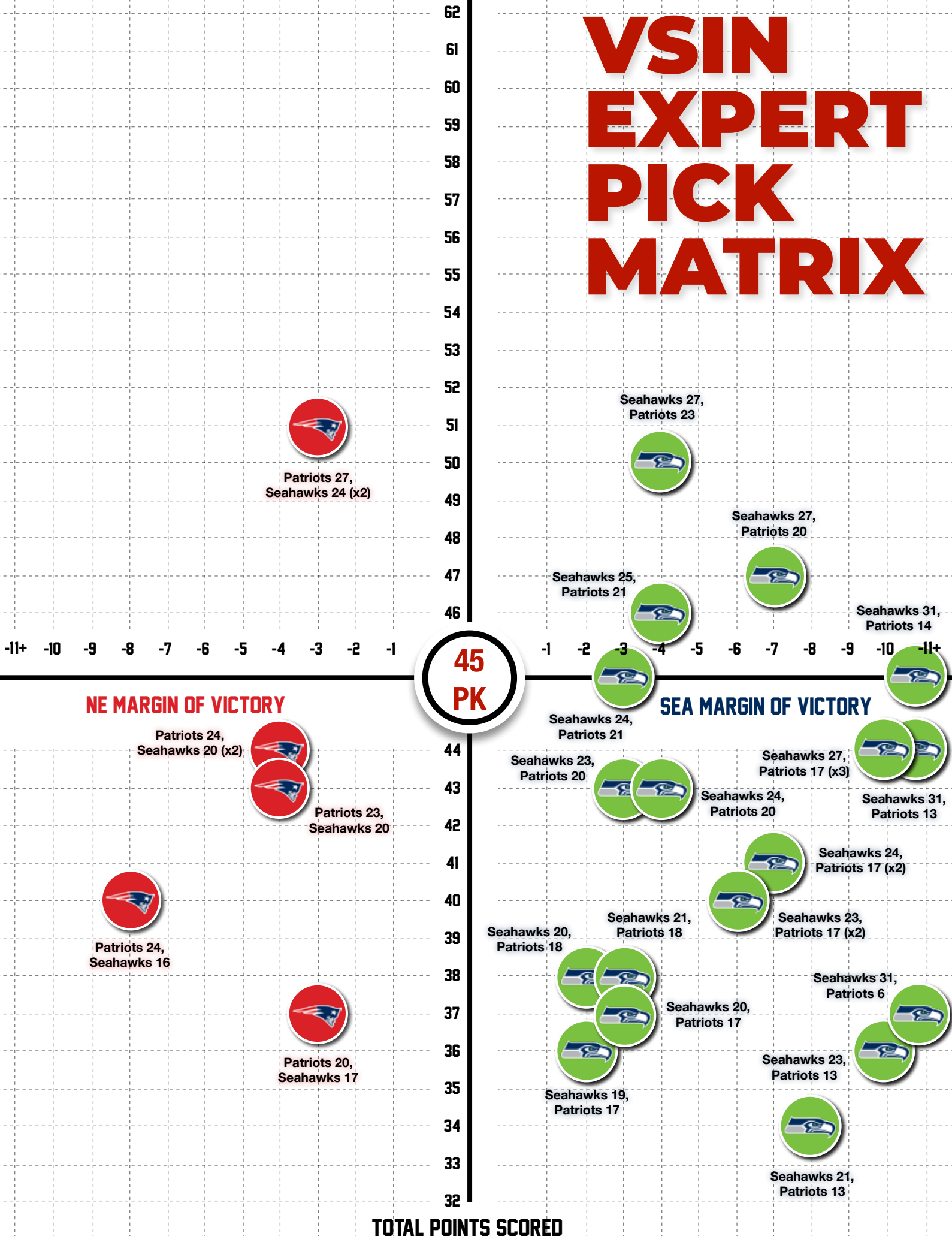Cashing Out: Big Game Edition (Dustin Swedelson)

Whether you are getting the Super Bowl Betting Guide through your VSiN Pro Subscription or opted to get a taste of what we have to offer by purchasing this product on its own, we appreciate all of the support and want you to know that we aren't stopping just because football is over. We'll continue to bring the sharpest wagering insights on all of the sports that you can bet on now and in the near future, including NBA, college basketball, NHL, and baseball, as our MLB Betting Guide comes out on Tuesday, February 17.

Good luck with the Big Game and thank you for being part of our family here at VSiN!

Adam Burke
Managing Editor, VSiN.com
aburke@vsin.com
@SkatingTripods on X

VSIN EXPERT PICK MATRIX

45 PK

NE MARGIN OF VICTORY

SEA MARGIN OF VICTORY

TOTAL POINTS SCORED

-11+ -10 -9 -8 -7 -6 -5 -4 -3 -2 -1

-1 -2 -3 -4 -5 -6 -7 -8 -9 -10 -11+

62 61 60 59 58 57 56 55 54 53 52 51 50 49 48 47 46 45 44 43 42 41 40 39 38 37 36 35 34 33 32

Patriots 27, Seahawks 24 (x2)

Seahawks 27, Patriots 23

Seahawks 27, Patriots 20

Seahawks 25, Patriots 21

Seahawks 31, Patriots 14

Seahawks 24, Patriots 21

Patriots 24, Seahawks 20 (x2)

Patriots 23, Seahawks 20

Seahawks 23, Patriots 20

Seahawks 24, Patriots 20

Seahawks 27, Patriots 17 (x3)

Seahawks 31, Patriots 13

Patriots 24, Seahawks 16

Seahawks 24, Patriots 17 (x2)

Seahawks 23, Patriots 17 (x2)

Seahawks 21, Patriots 18

Seahawks 20, Patriots 18

Seahawks 20, Patriots 17

Seahawks 31, Patriots 6

Patriots 20, Seahawks 17

Seahawks 19, Patriots 17

Seahawks 23, Patriots 13

Seahawks 21, Patriots 13

SUPER BOWL LX SCORE AND MVP PREDICTIONS

GILL ALEXANDER
Seahawks 31-13
MVP: Sam Darnold

JOSH APPELBAUM
Patriots 27-24
MVP: Drake Maye

MATT BROWN
Seahawks 27-17
MVP: Sam Darnold

STORMY BUONANTONY
Seahawks 27-17
MVP: Sam Darnold

ADAM BURKE
Seahawks 23-13
MVP: Sam Darnold

KELLEY BYDLON
Seahawks 27-17
MVP: Sam Darnold

ZACHARY COHEN
Patriots 24-20
MVP: Drake Maye

JONATHAN DAVIS
Seahawks 24-17
MVP: Jaxon Smith-Njigba

SEAN GREEN
Seahawks 21-13
MVP: DeMarcus Lawrence

PAULY HOWARD
Seahawks 23-17
MVP: Jaxon Smith-Njigba

RYAN KRAMER
Seahawks 31-6
MVP: Sam Darnold

JENSEN LEWIS
Seahawks 27-23
MVP: Sam Darnold

STEVE MAKINEN
Patriots 24-20
MVP: Drake Maye

PATRICK MEAGHER
Seahawks 24-17
MVP: Sam Darnold

AARON MOORE
Seahawks 20-18
MVP: Nick Emmanwori

MITCH MOSS
Patriots 24-16
MVP: Drake Maye

TIM MURRAY
Seahawks 23-20
MVP: Jaxon Smith-Njigba

MIKE PALM
Seahawks 19-17
MVP: Jason Myers

WES REYNOLDS
Seahawks 23-17
MVP: Sam Darnold

DAVE ROSS
Patriots 27-24
MVP: Drake Maye

SCOTT SEIDENBERG
Seahawks 27-20
MVP: Sam Darnold

TYLER SHOEMAKER
Seahawks 21-18
MVP: Jaxon Smith-Njigba

MIKE SOMICH
Seahawks 31-14
MVP: Sam Darnold

DUSTIN SWEDELSON
Patriots 20-17
MVP: Hunter Henry

BRAD TAYLOR
Seahawks 20-17
MVP: Sam Darnold

DAVE TULEY
Seahawks 24-21
MVP: Sam Darnold

NICK WHALEN
Seahawks 24-20
MVP: DeMarcus Lawrence

BEN WILSON
Seahawks 25-21
MVP: Kenneth Walker

MATT YOUMANS
Patriots 23-20
MVP: Drake Maye

VSIN SUPER BOWL LX

BEST BETS

GILL ALEXANDER

SEAHAWKS -4 -128

The Over on the length of Charlie Puth's National Anthem was the best bet a couple of days after the conference championship games ended, but as it's now three seconds higher than when first recommended on ANG, twist my arm, it's the Seahawks.

I ridiculously bought this down to -4 as a knee-jerk reaction to seeing the line for the first time, thinking it would fly in the other direction. You may not sacredly believe that the Seahawks are the seventh-best team in DVOA history (since 1978) or that the Patriots have played the third-easiest schedule per DVOA since '78, nor that they're the 16th-worst team to ever make the Super Bowl in the DVOA era, but it might be wise to at least respect the point being made. And yes, scoring 16 points to beat a Chargers team with a compromised O-Line, overcoming five turnovers and fortuitously landing on two other fumbles to beat Houston, and winning in a sideways blizzard at Denver add to the narrative. Even if I didn't know any of that, this matchup gives me 1980s/early1990s vibes when SF/WAS/NYG/DAL dominated DEN/BUF. The only thing left for me is to see how low the Seahawks moneyline gets when all the dog bettors inevitably start betting NE ML.

JOSH APPELBAUM

PATRIOTS +4.5

As a data-driven contrarian bettor who likes to bet against the public, dissect betting splits and follow historically profitable system matches, this Super Bowl is my Super Bowl. At DraftKings, roughly 70% of spread bets are laying the points with the Seahawks. As a result, I automatically want to bet against the masses who are hammering Seattle and go against the grain by taking New England plus the points.

Contrarian betting is a foundational philosophy and long-term strategy. Because the public bets based on gut instinct, favoritism and bias (and loses far more often than they win), contrarians like to go against the herd mentality and place themselves on the side of the house, who always wins in the end. However, the key with going contrarian is focusing on the most heavily bet sports and, in particular, the most heavily bet games featuring the most public participation. The Super Bowl is the most heavily bet sporting event of the year, by far. With an influx of public bettors looking to get in on the action, contrarian value is heightened which provides more incentive to zig when the masses zag. By taking the Patriots plus the points, I can bet against the public who is loading up on Seattle.

I'm also a big believer in bet splits. By comparing the percentage of bets to the percentage of dollars, bettors can cut through the noise and identify which side is taking the sharper action. At Circa, which caters to sharp bettors, New England is only receiving a third of tickets but nearly half the money. This indicates a wiseguy "low bets, higher dollars" sharp contrarian split in favor of the Pats, with a majority of smart money from the pros out in Vegas also taking Mike Vrabel and Drake Maye plus the points.

Lastly, aside from just going contrarian and following bet splits, the Patriots are a system play.

Playoff dogs who missed the postseason the previous year, like the Patriots here, are 4-1 ATS this postseason and 30-13 ATS (70%) with a 35% ROI since 2020. Super Bowl dogs are 15-7 ATS (68%) with a 32% ROI since 2004. Super Bowl dogs getting three points or more are 11-4 ATS (73%) with a 42% ROI since 2004.

As a die-hard Patriots fan, born and raised in New England, I'll be rooting for the Pats to win the game outright. But as a bettor, I'll be sweating the +4.5.

STORMY BUONANTONY

SEAHAWKS -4.5

Call me Joe Public if you want, but I think Seattle is the right side and it's probably worth playing some of the alternate spreads at plus money as well (-7.5 at +140, -13.5 at +250, etc.).

The Patriots offense this postseason is averaging just 18 points per game, the fewest by a team entering the SB since 1979 and a stark contrast from the 28.8 they averaged during the regular season. It made me laugh a bit how much Patriots backers have made the argument, "Well of course their offense has suffered…look at the defenses they played" Well, it's not magically going to get easier facing the top defense in the NFL in the biggest game of the year.

Drake Maye's durability and ball security should also be a concern. Shoulder questions aside, he's been sacked 15 times with six fumbles (three lost) and multiple picks. Unlike the opposing offenses they've faced so far in the postseason, Seattle has one capable of cashing in on those moments. For as much pub as the Pats defense has received in the playoffs, they didn't play an offense with a pulse. Sam Darnold just threw for 346 yds, three touchdowns and zero interceptions, and I think the sample size is large enough over the last two years to recognize he can do the job. One other wrinkle I think that's worth bringing up here is special teams. We talked a lot about the ST disparity between Seattle and the Rams ahead of the NFC title game, which ended up playing a role, yet it's not being brought up here nearly as much as it should. They're No. 2 in DVOA on special teams compared to NE ranking 20th. I don't want to overthink this anymore. The Seahawks just feel like the better team in almost every area, so that's where I'm putting my money.

ADAM BURKE

SEAHAWKS 1ST QUARTER -0.5 (+100)

Throughout the season, I've been doing a weekly article handicapping the First Touchdown Scorer betting market. As good as the Patriots have been this season, scoring the first touchdown in a game didn't come all that frequently to them for a while. The Patriots wound up scoring the first TD in 9/20 games, and have done so in 2/3 here in the postseason.

The Seahawks enter this game having scored the first TD in 14/19 games. Only the Colts finished with a higher success rate in that metric. Over 19 games, the Seahawks have only allowed four touchdowns in the first quarter. The Patriots have allowed 10, while scoring 14. So they are +4 in first quarter TD differential, while Seattle is +9 with 13 TDs in the first quarter, including three in the playoffs.

The Patriots defense also starts slowly. They allowed 6.04 yards per play in the first quarter during the regular season, while the Seahawks defense allowed just 4.59. My belief is that Seattle leads after the first 15.

RHAMONDRE STEVENSON LONGEST RECEPTION OVER 12.5 YARDS

While game state had a lot to do with this, the Seahawks allowed the most receptions to running backs (97) during the regular season and the sixth-most receiving yards. Stevenson was 28th among pass catchers in yards after catch per reception according to Pro-Football-Reference. The Seahawks had 110 missed tackles per PFR during the season and allowed the second-most yards after catch in the league.

Stevenson had seven receptions on eight targets in the first two playoff games, but wasn't able to link up with Maye in the AFC Championship Game, so I feel like the Patriots may look to use him more in this game as something that perhaps the Seahawks aren't expecting as much. He's also gotten a lot more touches and opportunities than TreVeyon Henderson in the playoffs. Stevenson had 37 targets without a drop in the regular season and caught 32 of them, so he's been a reliable pass catcher when called upon.

Nick Emmanwori

CRAIG WOODSON OVER 5.5 TACKLES + ASSISTS

The Patriots have really spread the tackles around this season because they like to rotate guys in and out of the lineup. That's especially true at the linebacker position, where a guy like Christian Elliss has played 60%, 53.3%, and 72.4% of the defensive snaps this postseason. Similarly, Jack Gibbens only played 23.3% and 24% of the snaps in the first two playoff games, but did play 86.2% of the snaps against the Broncos.

That brings me to Woodson, who is essentially an every-down defender, playing 188 of the 193 defensive snaps in the three playoff games for the Patriots. He's also been out there for 10 special teams snaps, so maybe we get a cheap tackle there. Woodson isn't a stat sheet filler by any means, but he does have the opportunity based on his playing time to be around the football a good amount. Because his numbers aren't what some of the other guys are on the Patriots defense, the vig isn't heavy on either side of this number like it is for others and the Over makes sense to me by virtue of him being on the field probably the most of any defender in the back seven.

KELLEY BYDLON

DRAKE MAYE OVER 36.5 RUSHING YARDS

Maye has exceeded this mark in two of the three playoff games, and he also did so in five regular season starts. The quarterback run has been a confident option for the Patriots and I don't expect it to stop on Super Sunday. This bet is also about game state. I expect the Seahawks to be up the majority of the game and the Patriots playing catch up. I think that means less RB carries and a lot of Maye. Now, can the Seattle D hold up? Definitely. They only allowed Over this mark by three quarterbacks this season.

SEAN GREEN

SEAHAWKS -4.5

The narrative has been you don't have to worry about the Patriots offense because they've played three top-10 defenses. Unfortunately, it's not getting any easier on Super Bowl Sunday. The Seahawks defense is legit and will cause a ton of problems for the Patriots offense which has struggled in the postseason. Seattle has struggled with dominant outside WRs, but the Patriots don't have a Puka Nacua to give the Seahawks.

On the other side, I do think the Patriots defense is underrated and there could be some chances to turn over Sam Darnold. That being said, the Patriots have shown an inability to capitalize on those turnovers in the playoffs against elite defenses. The mix of JSN, their pass-catching RBs and Barner will be enough to move the chains. Last but not least, in a one-score game, special teams can be huge. Seattle is #2 in DVOA on special teams and New England is 20th.

Mike Vrabel as a dog has been good over the years, however this team isn't quite there yet. Unless he's made the ultimate sacrifice guaranteeing a win, the Seahawks get it done.

HUNTER HENRY OVER 3.5 RECEPTIONS

The Seahawks defensive weakness is pass catchers in the middle of the field. They've allowed 114 receptions to the TE this season and the Pats aren't afraid to ride Henry. They don't have the WRs to consistently win against the Seahawks and Henry will be their go-to in the passing game.

DEMARCUS LAWRENCE MVP +12500

Drake Maye had six fumbles in his first two playoff games, thanks in big part to Will Campbell getting dominated. The snow and game flow neutralized the edge rushers, but I don't think that will happen Sunday. The Pats can't afford to chip Lawrence all game and he will get his chances against the rookie LT. Lawrence has nine forced fumbles this year, including three so far in the playoffs. I expect him to get to Maye and that could be the difference in a defensive-minded game.

PAULY HOWARD

SHORTEST TD UNDER 1.5 YARDS,
TIME OF SHORTEST SCORING DRIVE OVER 59.5 SECONDS,
JASON MYERS OVER 1.5 FGS,
TREVEYON HENDERSON 50+ YARDS RUSH +675

AJ
Barner

RYAN KRAMER

**SEAHAWKS -4.5,
SEAHAWKS -10.5 +225,
SEAHAWKS -14.5 +320,
SEAHAWKS -17.5 +435,
SAM DARNOLD MVP +130**

I LOVE how everyone is throwing the 2025-26 Seahawks (who, by the way, finished as the 7th-BEST TEAM of ALL TIME according to DVOA) into the same PILE as the Chargers, Texans, and Broncos whose offensive flaws stand out more than an electrical substation next to one of the NFL's most injured teams' practice facility. And I absolutely think that the Patriots defensive front will give the Seahawks running game trouble on a down to down basis as they are just a different unit with Milton Williams on the field. But, can the Patriots continue hitting on the inside straight draw, aka playing defense at an extreme outlier level (20th Def DVOA in the regular season)? Yes, but it seems unlikely due to the fact that they ARE NOT playing Justin 'My offensive line is a joke' Herbert, CJ 'The S2 Cognitive Test was right' Stroud and Jarrett 'Not as good as Sean Payton thought' Stidham.

They are playing Sam 'Grandson of Dick Hammer' Darnold who, in spite of their mid (14th DVOA) run offense, was still able to lead ANOTHER TEAM to 14 wins while supporting the fifth-best passing attack (DVOA) in the NFL and unlocking JSN. I don't think the Patriots defense will continue its HOT streak in the playoffs.

Vibes of Super Bowl XLVII when SEA took the Broncos, calling my shot 31-6.

GEORGE HOLANI OVER 9.5 RECEIVING YARDS,
KENNETH WALKER OVER 22.5 RECEIVING YARDS
The Patriots will blitz well because that's their only move to try to get Sam Darnold off his spot. This will lead to another game where the RBS will be useful in the passing game as the hot read. Walker has gone over in 4 out of the past 5. Holani easily went over in the NFC Championship and was very close to having a HUGE game in the air.

OVER 7.5 PUNTS
Neither one of these teams/defenses has given up many long time-consuming drives and layer in how low the Patriots offensive floor is in this one (Patriots TT Under also interesting).

JENSEN LEWIS

PATRIOTS +4.5, OVER 45.5
To believe in Sam Darnold, or not to? That, indeed, is the question. This game script feels like a classic defensive-minded setup, with early jitters and adrenaline abounding.

The Seahawks play to their DNA, stopping the run early on defense, leading to quick strikes on offense from Darnold and some chunk plays out of Kenneth Walker. It might be quite similar to what we watched transpire in the first quarter of the NFC title game. Drake Maye may be forced into early pressure, needing quick throws and scrambling out of the pocket to avoid losing field position. Mike Vrabel and Josh McDaniels, keenly aware of their youthful quarterback's emotions, work to calm Maye down, while also making defensive adjustments to keep the Patriots within striking distance.

I'd expect a counter-punch from Maye and the New England offense, using his mobility and arm, leading some scoring drives in the second quarter. The defense forces Darnold into third-and-longs and potentially even creates a turnover to allow a game-tying or go-ahead field goal for the Patriots at the half.

Halftime tweaks have been Mike Macdonald's bread and butter in the postseason and this game feels no different. The Seahawks stiffen up in the red zone, limiting the Patriots to field goal opportunities out of the locker room. It stays tight until Darnold engineers a long fourth quarter drive for the go-ahead score on a rope to Jaxon Smith-Njigba. Maye gets the ball back, with about four minutes remaining and leads his offense into scoring range. However, the Seattle defense makes their final stand, turning the Patriots over on downs. Darnold, in victory formation, kneels it out and takes home the MVP award as the Seahawks celebrate a Super Bowl win.

STEVE MAKINEN

PATRIOTS +4.5, UNDER 45.5
I think that projecting the stats out on simulation is an important exercise in handicapping Super Bowl games. Since the planning is so rigorous, I believe it takes a lot of risk out of the coaches' mindsets. I have found that the recipe for success in the Super Bowl comes down to controlling the time of possession, running the football, getting big plays through the air, and winning the turnover battle. Well, in my projections, I found that New England was due for a slight TOP edge (30:14-29:46), and an edge in rushing yardage (148.3-110.5), while Seattle should enjoy an edge in yards per pass attempt (6.34-6.03). The turnover differential is hard to project, but the fact that Seattle was next-to-last in the league in giveaways this season is a certain red flag. If New England does hold an edge in three of these four categories, we have to consider that teams that hold an edge in at least three of four key statistical categories are 41-6 SU and 37-9-1 ATS (80.4%) historically in this game.

I would also be absolutely remiss if I didn't cite these recent trends in Super Bowl games.

1) The team that is the better playoff seed is just 2-17-2 ATS (10.5%) in the last 28 Super Bowl games!
2) Over the past 24 years, underdogs own a 18-6 ATS (75%) edge in the Super Bowl, including 14-4 ATS in the L18.

Why might this be? Well, perhaps because the Super Bowl is such a heavily bet contest by recreational bettors, and just "another game" for most sharps. Well, what do public, recreational bettors love to bet? FAVORITES and OVERS on totals. Now while these don't always lose, for '26, I do think we have to be aware that the most public of sportsbooks, DraftKings, is showing a betting disparity of 76% handle on Seattle, and 61% handle on OVER the total. Those numbers are scary and since these teams have both played heavier run tendencies of late, I'll call for a slower-paced game.

RHAMONDRE STEVENSON OVER 51.5 RUSHING YARDS
Despite the fact that the Seahawks' run defense has been superb this season, I still believe that Patriots' OC Josh McDaniels is going to lean heavily on his running game on Sunday, and that responsibility has turned almost exclusively into Rhamondre Stevenson's lately, as he has enjoyed a phenomenal surge in the last season and has earned back the trust of his coaches. My stat forecast for this game calls for New England to get 149.8 yards rushing, which can be argued till we're blue in the face, since I'm using a formula I have employed rather successfully in each of the last five Super Bowl games. I assume Stevenson will be the beneficiary of most of those yards, and my forecast had him getting 78+.

PATRICK MEAGHER

UNDER 46.5
These are two great scoring defenses, and there's been an obvious dip in production offensively from New England in the postseason. These are also two defensive-focused coaches with two weeks to scheme. Give me the Under.

George Holani

AARON MOORE

GEORGE HOLANI OVER 23.5 RUSHING AND RECEIVING YARDS

Against the Rams in the NFC Championship Game, Holani had three catches for 27 yards on four targets. The one that he didn't catch was set up for a long gainer.

New England's interior defense has been stout, so Seattle may look for other ways to get its running backs involved. When Zach Charbonnet was healthy, the second running back was a major part of Klint Kubiak's gameplan. Since that spot now belongs to Holani, who doesn't have the same season-long stats as Charbonnet, his total here is lower than it should be for that role.

MITCH MOSS

TREVEYON HENDERSON OVER 0.5 RECEIVING YARDS, HENDERSON 5+ RECEIVING YARDS (+112), HENDERSON 10+ RECEIVING YARDS (+220)

I might keep climbing the ladder. 20+ is currently +630, and 30+ is at 12/1 as I jot this down. The Seahawks allowed the most receptions in the league to running backs during the regular season. That "weakness" has trickled into the offseason through two games. Christian McCaffrey had five catches for 39 yards in the divisional round; Kyren Williams and Blake Corum followed that up by each recording 20+ yards in the NFC Championship Game.

Here's the kicker from our buddy Paul Charchian on Follow The Money: 18 out of 19 opposing number two backs have caught at least one pass vs. the Seahawks this year.

MIKE PALM

UNDER 45.5

To defend this Seattle attack, Mike Vrabel need only look to November 30 when Brian Flores' Vikings D held the home Hawks to 3.3 yards per play and JSN to two catches, while allowing one offensive touchdown. Drake Maye has not been sharp in the playoffs, and the Seahawks should create plenty of pressure.

WES REYNOLDS

TREVEYON HENDERSON OVER 0.5 RECEPTIONS

Henderson has failed to go Over his reception total in seven consecutive games dating back to Week 15 vs. Buffalo. Against Denver, he was shut

out mainly due to the weather as Mike Vrabel put the ball in the hands of Drake Maye and Rhamondre Stevenson and let them lead the running game in the snow.

Although it is a decent tag on the price, this could be the buy-low for him against a Seattle defense that ranks second in EPA/Play and third in Pressure Rate. Sometimes, Maye will use his legs to avoid the pressure like he did vs. Denver, but Seattle runs predominantly zone coverage and allows the most targets to opposing running backs. Henderson will find some spots for Maye to bail out from the pressure.

DRAKE MAYE OVER 36.5 RUSHING YARDS

Maye's rushing numbers in the AFC Championship Game (10 carries, 65 yards, TD) were likely somewhat weather-predicated, but consider he also ran 10 times for 66 yards in the Wild Card Round vs. the Chargers.

His designed run attempts have doubled since the late-season bye in Week 14, plus he is likely to be scrambling a great deal more against this Seattle defense that ranks third in Pressure Rate.

DAVE ROSS

PATRIOTS +4.5, OVER 45.5

I'm not buying this shoulder injury and, let's be honest, the Patriots can't play a whole lot worse than they have the last three times out against elite defenses in the Chargers, Texans, and Broncos. As long as Maye's legs still work, he'll generate offense both ways.

I have loved Seattle all year. They were the biggest play-on team for me before the season started. But this is a Paul Sorvino, "I gotta turn my back on you" play.

Sorry, Sam. I actually think he'll play well. So will Drake. We should see more points than expected in one of the lower totals you'll see in a Super Bowl. I'll take the points in a game that should be closer to -2 than -5. And yes…I sprinkled a little on the Pats ML at +190 too.

GEORGE HOLANI OVER 20.5 RUSHING AND RECEIVING YARDS

This was my favorite play vs. the Rams in the NFC title game at 14.5.

Books are catching on, but they're a little late to the party. This is playable up to about 24.5 if you missed the good number…but after that the value is gone.

I love the way they sneak him out of the backfield and spell Kenneth Walker when need be. This is my favorite prop, by far.

ED SEHON (AKA MR. ED)

PATRIOTS +4.5, UNDER 45.5, MVP: ANDY BORREGALES +20000

As one who has experienced all 59 previous Super Bowls via television in a variety of viewing venues, i.e. a lecture hall at University of Miami, the Miami Herald newsroom, various LV sport books, clubs and several bars in and around Pittsburgh, PA and Western NC, and in the comfort of a several different homes, I have never experienced as little personal enthusiasm for the game as I have for SB LX. If the Patriots and Seahawks are the best of 32 teams the NFL has to offer, then perhaps I'll pass on this one. The league promised parity — and they delivered mediocrity.

The best I can predict is a low-scoring event, punctuated by several turnovers, far too many penalties and missed scoring opportunities. I expect both offenses to struggle, as the unknown New England kicker Andy Borregales shines with five field goals.

If you think the above thoughts are nothing but the rantings of a bitter old guy, perhaps you are correct. In my mind I'll leave SB LX for the young, while I pine for the days of the Steelers, Chiefs, Raiders and 49ers of old. And, where will I be on Sunday afternoon? In front of the TV watching the game with my wife of 55 years, some Buffalo Trace and a pair of felines. After all, how many more Super Bowls can this rabid NFL fan hope to experience? GO PATRIOTS!

SCOTT SEIDENBERG

SHORTEST TOUCHDOWN UNDER 1.5 YARDS

This is my first bet to make every year on the Super Bowl as this bet has cashed in five of the last six years and eight of the last 10. In the two games that it did not cash, we had a two-yard touchdown and a three-yard touchdown. There are just so many ways this can cash. You can have a possession starting inside the five that becomes four-down territory and a team gets stuffed at the goal line and then scores. You could have a player dive for the pylon and get ruled out of bounds before scoring, and everyone's favorite, a pass interference in the end zone setting up a play from the goal line. No matter how we get there, this one has been a cash cow for years, so I'm going back to the well.

SEAHAWKS RB GEORGE HOLANI OVER 10.5 RECEIVING YARDS

We've already seen this number bet up from the open of 8.5 to 9.5 and now to 10.5 and even 11.5 in some books. While the Super Bowl is the most efficient market you're going to find, the value can still lie in the lesser known pieces. The truth is, the books don't know how to price Holani because we don't have that many data points. In the NFC Championship Game, filling in for the injured Zach Charbonnet, Holani had three catches on four targets for 27 yards. More important than the production was the opportunities. Holani ran 14 routes in that game. Kenneth Walker, by comparison, ran 15 routes. While Walker's receiving props have been taxed and taxed, Holani's haven't because of the uncertainty of where to start. But for the backup RB who has essentially the same opportunities as the starter to catch a pass, the value is in the lesser yard number with Holani.

KENNETH WALKER 2 TOUCHDOWNS +300, KENNETH WALKER 3 TOUCHDOWNS +1500

This is your Kenneth Walker MVP bet, without needing him to win the MVP. Sure, you can take a flyer on Walker to win the award but let me ask you an honest question, what is the likelihood that Walker wins the MVP with only one touchdown? He'd probably need over 150 scrimmage yards and the game to be low scoring. Instead, I'll take my chances on Walker scoring multiple touchdowns. This way, you have outs. He can score twice or three times and not win MVP, or he does win and you either take a small hit on the price or get a better payout in the event he scores three times.

SEAHAWKS -5.5 -102

This is NOT my best bet on this game, rather a recommendation. If you like the Seahawks to win and cover, DO NOT bet -4.5 at -110 or -115. Instead, play the alternate spread of Seahawks -5.5 at reduced vig. The reality is in the dead number of 5. Out of 283 wins this season including the playoffs, games landed on a margin of 5 just nine times. Going back

to 2021, out of 1,419 wins, games landed on 5 only 59 times. Instead of laying -4.5, go with the -5.5 and save yourself some juice because this game is hardly ever going to land on 5.

TYLER SHOEMAKER

UNDER 45.5

While there is certainly data that would lend itself to the total being 45.5 looking at the season-long metrics and adjusting for opponents, the reduction in offensive efficiency and points per play scored and allowed by these teams in their last three games indicates we're likely going to see a tighter, lower-scoring game. For instance, Seattle's opponents averaged 62 plays per game against them during the season overall, but in the last three games have averaged just 53. Further, Seattle's #1 points-per-play offense throughout the season saw a dip in its last three games from .490 to .462. Speaking to the O/U, New England's points per play dropped from .440 to .281. Defensively, Seattle's #1 defensive numbers got even better, going from .275 to .225 points-per-play allowed, while New England's improved from .298 to .138. Bottom line, the numbers are trending in a positive way for the Under to cash in the Super Bowl.

MIKE SOMICH

SEAHAWKS ALT LINES: -9.5 (+150) -14.5 (+300)

Sure, we could have a great Super Bowl, but when you go group by group through these teams, Seattle has glaring advantages all over the place. In a game state where the Seahawks get an early lead, the tail to this being a blowout grows exponentially. I want to play into the variance here and lock up Seattle alternate lines at plus money.

UNDER 13.5 PLAYERS RECORD A RECEPTION

While this may not be the most fun prop to play, I do think there is quite a bit of value here. There are seven players in the game who will definitely get a reception, but this handicap focuses mainly on the Seahawks' usage. Over two playoff games, just seven players have targets. Bobo, Holani and Shaheed have a combined five catches in two games and Bobo and Shaheed have one catch each in two combined games. Neither is a lock to catch one here. This should be 11.5 with juice to the Over, instead its -115 both ways at 13.5. Play the Under.

DARNOLD 230+ PASSING, 2+ TDS +164

One of the advantages that the Pats do possess is being able to slow down the running game, as evident by the drop in the Walker rush yards line. That should translate to the Seahawks opening and leaning on the passing game. This is by far the most dynamic offense the Pats will face in the playoffs in the best weather conditions they will play in. If I like Seattle alt lines, I'm leaning into this passing game as well.

DUSTIN SWEDELSON

PATRIOTS +5

I have been a long believer that Super Bowls are much closer to a coin flip than perception. There are so many more variables at play for this game: two-week build up, neutral site, outside distractions, different levels of nerves and pressure. So I usually look to the underdog if it makes sense. When I saw the line move from 3.5 to 5 while hosting Cashing Out, I immediately bet New England. Underdogs have cashed five straight Super Bowls, going 4-1 SU. Underdogs of 4.5+ points are 9-1 ATS since 2004.

Drake Maye joins a rare company making the Super Bowl in his second season. The others in this group: Dan Marino (1984), Kurt Warner (1999), Tom Brady (2001), Ben Roethlisberger (2005), Colin Kaepernick (2012), Russell Wilson (2013) and Joe Burrow (2021). Marino, Brady, Wilson, and Burrow were underdogs and went 3-1 ATS.

Almost all of the football reasons you look at in this matchup lean to Seattle, but there is something about the Patriots underdog rallying cry that I believe will pay off for them. Most importantly, the knocks against their schedule this year.

Hunter Henry

Everyone brings these up anytime they discuss the Patriots' path to the Super Bowl:

- Seventh-easiest schedule of the Super Bowl era
- Combined records of every team they beat in the regular season was 85-150
- Faced the Chargers with no offensive line in Wild Card Round
- Hosted Texans with no offense in Divisional Round
- Took on Jarrett Stidham instead of Bo Nix in AFC Championship

The thing that nobody brings up about their schedule: It doesn't matter. I know that because if they pull this off, it won't be brought up again.

It's like how nobody discusses the 1999 Rams, the Greatest Show on Turf, only faced one team to finish above .500 that regular season. It was the 13-3 Titans, who they lost to, and then beat in the Super Bowl.

How about the 1972 Dolphins? What is the talk about them? They're the last undefeated team to win the Super Bowl. Well, they faced two teams above .500 on their run to immortality.

The more this is talked about the more it galvanizes the Patriots locker room. Combine that with Drake Maye likely finishing second in MVP voting…I love the mindset the Patriots will have for Sunday.

KENNETH WALKER OVER 21.5 RECEIVING YARDS, SUPER BOWL MVP (+850)

This is a tough running matchup for Walker. But when you look at it from a receiving situation, this could be a good plan of attack for the Seahawks offense. New England finished the regular season fourth against the run, but allowed the sixth-most receptions and were 17th vs. the pass against RBs. In order to stay balanced, Seattle could use Walker as a pass catcher as an extension of the run game. That way Milton Williams and company can't tee off on Sam Darnold. He has had 49 and 29 receiving yards in two playoff games this run.

With Zach Charbonnet out for the game, I'd expect the goal line work to go to Walker, which is his only path to MVP. If he can score two TDs in a low-scoring game, then he has a chance to win the award. Plus New England's Achilles heel is their 23rd-ranked red zone defense. Seattle could get down to the red zone and ride him into the end zone. A RB hasn't won MVP since 1997 and Terrell Davis. But, the path is there for Walker.

HUNTER HENRY OVER 38.5 RECEIVING YARDS

There aren't a lot of holes in Seattle's defense. But one area where they are susceptible is against TEs. They finished the regular season 28th and 27th vs. TEs in receptions and receiving yards, respectively. Hunter Henry has been a go-to guy for Drake Maye all season. With Seattle's elite CBs, I'm not sure how open Stefon Diggs and company will be on the outside. Colby Parkinson had three catches for 62 yards for the Rams vs. the Seahawks in the NFC Title game and Jake Tonges had five for 59 yards for San Francisco in the Divisional Round. Factor in that New England is the underdog, that could mean more throws late to get Over this number if he doesn't take advantage of this matchup early.

BRAD TAYLOR

UNDER 45.5

There are many ways to attack sports betting. Some bettors rely on deep sport-specific knowledge, which is a valuable edge. Others focus on what the market is telling us—line movement, bet distribution, sharp resistance, and data. In games of this magnitude, that approach matters even more. One of the oldest rules in betting applies here: the bigger the game, the sharper the fade on the public. And there is no bigger betting event than the Super Bowl.

The total in this game presents a textbook line-freeze setup. The total opened at 45.5 and was quickly bet up to 46 early in the week. Since then, despite overwhelming public interest on the Over, the market has refused to move higher and has settled back at 45.5. According to VSiN betting splits, 75% of the tickets and 65% of the money are on the Over. That's the tell.

When the majority of bets and money are on one side—and the number doesn't move with them—it's a clear sign of sharp resistance. Books are comfortable taking Over money at this price. If they weren't, this number would be 46.5 or higher by now. Add in outdoor conditions in San Francisco, where wind is a legitimate late-week variable, and the downside risk on the total becomes even more pronounced.

This is a classic Super Bowl setup: inflated public expectations, no upward movement, and professionals positioned on the opposite side. Under 45.5 is my strongest play on the board for Super Bowl LX.

PATRIOTS +4.5
I'm also on New England. Underdogs have covered 18 of the last 24 Super Bowls, and the public is once again heavily stacked on Seattle. The spread follows the same theme as the total—public sentiment versus market reality. Fading the public in the Super Bowl has been profitable historically, and this spot checks every box.

George Holani Under 11.5 Receiving Yards
Holani finished last week with three receptions for 27 yards, yet his receiving prop is posted at just 11.5 this week. That's not an overreaction—that's a correction. This number opened below 10 yards and has only crept up slightly, despite recent box-score production. VSiN OptaAI shows a significant edge on the Under, and the market has consistently agreed.

When the numbers don't move, believe the numbers—not the narrative. That's the edge in the Super Bowl, and that's how I'm attacking it.

NICK WHALEN

DRAKE MAYE OVER 30.5 PASS ATTEMPTS
Despite finishing the regular season fourth in passing yards, Maye was not an overly high-volume passer, averaging only 28.9 attempts per game. That figure is considerably lower in three postseason games, but the Pats were able to grind out wins on the ground and defensively in adverse weather conditions. Long story short, game flow dictated that Maye wasn't asked to do much.

Looking at this matchup against Seattle, I don't foresee New England playing with a comfortable lead and being able to lean on the run, as it did against Houston and, especially, Denver. Seattle is the No. 1 DVOA defense – and rushing EPA defense – in the NFL, so I expect the Seahawks to mostly shut down the Pats' rushing attack, forcing them to put the ball in the hands of Maye significantly more than they have in the three-game run-up to the Super Bowl.

MATT YOUMANS

SAM DARNOLD OVER 29.5 PASS ATTEMPTS
Darnold's redemption story is not quite complete, although the Seahawks quarterback is already being hyped as a conquering hero. Not so fast. He's got to win one more game, and he will have to do it with his arm. New England is rock solid against the run, so coach Mike Vrabel will dare Darnold to beat his defense through the air. It's a strategy that makes sense for several reasons because the more Darnold throws it, the more likely he is to make mistakes, and he led the league with 20 turnovers in the regular season. The Seattle coaches have confidence in Darnold to let it fly. He had 36 and 34 pass attempts in the past two games against the Rams and will probably need to throw it more than 30 times against the Patriots.

KENNETH WALKER UNDER 73.5 RUSHING YARDS
The Darnold prop for pass attempts is tied into this one. The Patriots allowed 48, 79 and 87 yards rushing in the three playoff games — with Chargers quarterback Justin Herbert running for 57 of the 87 in the Wild Card Round. Walker had 19 carries for 62 yards (3.3 yards per carry) against the Rams in the NFC title game, and the New England front seven is stronger against the run than the other defenses Walker has faced in recent weeks. Walker went Over this posted total in only six of 19 games this season.

Drake Maye

SUPER BOWL LX PREVIEW

PREVIEW BY ZACH COHEN

VS

Whether it's public money or sharp money, our VSiN betting splits pages show that Seattle is the popular side in this one — and that's true at both DraftKings Sportsbook and Circa Sports. All year long, the NFC was viewed as the NFL's stronger conference, and it was the Seahawks that came out on top of it. Seattle beat a good Los Angeles Rams team along the way, and that victory came right after an absolute stomping of a solid San Francisco 49ers squad. Meanwhile, people have been talking all year about how soft New England's schedule was, and the Patriots aren't getting much love for wins over the Los Angeles Chargers, Houston Texans, and Denver Broncos in the postseason.

It isn't hard to see why people prefer the Seahawks. Mike Macdonald's team was No. 1 in the NFL in EPA per play allowed (-0.113). The Seahawks had the best run-stopping unit in the league (-0.206 Rush EPA per play allowed) and a top-five passing defense (-0.065 Dropback EPA per play allowed) during the regular season. Seattle was also seventh in Pass Rush Win Rate (41%). That type of balanced defense gives you a chance in any game that you play, and it's not like the offense was terrible. The running game wasn't all that efficient throughout the year, but Kenneth Walker III has been a monster in the playoffs. He has rushed for 178 yards with four touchdowns while also catching seven passes for 78 yards. The Seahawks also had the eighth-best Dropback EPA per play (0.137) during the regular season, with Sam Darnold lighting it up in offensive coordinator Klint Kubiak's offense — a system that has seemingly earned him the Las Vegas Raiders head coaching job.

Seattle also happens to have the sexier wins when looking at the season-long resume. In addition to wins over the 49ers and Rams in the playoffs — and the regular season — the Seahawks also beat the Pittsburgh Steelers, Jacksonville Jaguars, Houston Texans, and Carolina Panthers. Those were all playoff teams this year, and all of the wins came by at least eight points.

It does, however, feel like everyone is selling the Patriots short. Say what you want about the quality of opponents, but Mike Vrabel's team knocked down the teams that were lined up. The team also finished No. 2 in the NFL in Net EPA per play when looking at rbsdm's Team Tiers page, sitting right behind the Rams in Tier 1. Meanwhile, the Seahawks were ranked fourth in the league, but they were a tier below — sitting at the top of Tier 2.

The Patriots were also the best offensive team in the league during the regular season, finishing first in EPA per play (0.155). Drake Maye, who led the league in EPA+CPOE Composite (0.223), was a big part of that, as New England had the best passing game in the NFL (0.308 Dropback EPA per play). Maye hasn't quite lived up to his regular-season numbers in the playoffs, but he has also played some elite defenses, in ugly-weather games. Don't be surprised if he looks a lot sharper in Santa Clara, where the conditions are expected to be calm.

New England's defense is also a little underrated. While the Patriots were just 16th in the NFL in Rush EPA per play (-0.077) during the regular season, this was more like a top-five group defending the run with Milton Williams healthy. That's significant with him being healthy right now, as they should be able to stop Walker's hot streak on the ground. New England is also pretty solid against the pass, where Christian Gonzalez, Carlton Davis III, and Marcus Jones make up a decent trio of corners. If the Pats can just get some pressure on Darnold, there's always a chance he gets rattled. While he played great against Los Angeles last round, that's a defense that was fading down the stretch. Vrabel's defensive unit is a little more trustworthy.

Realistically, the Seahawks should feel good about their chances in this one, but nobody should be surprised if the Patriots find a way. The gap between these two isn't as large as the media is making it out to be. New England has a great coaching staff and a more-talented quarterback. That should count for something in a game that should lean a little lower in scoring.

Taking the points is just somewhat attractive here, especially with the Patriots being 2-0 both straight-up and against the spread as underdogs of 3.5 to 9.5 under Vrabel. They're also 5-1 SU and 4-2 ATS when facing teams with winning records.

As far as the total goes, everyone is going to want to bet the Over in the final game of the year. However, the number has dropped since it opened at 46.5, and this is a meeting between two defensive-minded teams. The Under is probably the way to go.

NOLD YARDS

AYE (SEA)

(NE)   -6
                       +6

NG YARDS   -130
                               +110
(SEA)

NE)   +30½

               -30½

DS   +675

TII   -4½   -1000

      +4½

                     -150
                     +130

50½

0½

      -500
      +395

-220

6171 COOPER KUPP (SEA)
6172 KAYSHON BOUTTE (NE)

RECEIVING YARDS

6173 RASHID SHAHEED (SEA)
6174 MACK HOLLINS (NE)

RECEIVING YARDS

+5½
-5½

6175 GEORGE HOLANI (SEA)
6176 TREVEYON HENDERSON

RUSHING YARDS

+7½
-7½

6177 KENNETH WA
6178 RHAMO

RECEIVING YARD

(NE)

6179 COOPER KUPP (SEA)
6180 STEFON DIGGS (NE)

RECEIVING YARDS

-115

-105

SUPER BOWL PROPS

FOUR BETTING STRATEGIES TO HELP YOU CASH YOUR TICKETS

By Adam Burke

Prop bets and parlay wagers seemingly increase in volume every single day and you can bet that there are going to be hundreds of millions of them across the sports betting world for Super Bowl LX.

In some ways, it makes the Super Bowl a little less special, as bettors in the old days used to line up at the Westgate Superbook or Leroy's or some other shop in Las Vegas awaiting the release of the prop lines. Of course, that's when betting was restricted to Sin City and faraway places. It's pretty much a free-for-all now and that includes prop offerings on pretty much every regular season game, let alone playoff matchups.

The ease and accessibility of betting props, whether that means searching for them yourself with single bets, throwing in a bet on a pre-made parlay at your sportsbook of choice, or putting together your own parlay, means that bettors don't really need a crash course in what they mean or how to find them.

However, there are some prop betting strategies that are relevant throughout the year and especially for the Super Bowl. Here are some things to keep in mind.

SHOP AROUND FOR THE BEST PRICE

I simply cannot stress this one enough. Each sportsbook has its own needs and its own clientele, so there will be lines and odds differences across the board. You want to get the best odds and the best line that you can find and that means shopping around.

The example I always like to give is that you like a certain brand of jeans. They are $34.99 at one place, $29.99 at another place, and $39.99 at another. Where are you most likely to buy them? The place with the best price, right?

Sure, sometimes convenience comes into play and if you are already shopping at the place where they are $34.99, you'll just shrug off the five-dollar difference. With sports betting, however, the ease and convenience of apps, and also the promotions and bonuses for new depositors at Super Bowl time, why not just take the extra few minutes and sign up with a new sportsbook if it has the best line on a prop bet you like?

Nearly all of the most common sportsbooks allow you to see their lines in the app or on the website before you ever sign up and deposit. Obvious differences like over 84.5 Rushing Yards vs. Over 81.5 Rushing Yards are one thing, and you will find those. These are pretty easy and pretty self-explanatory. Why bet Over 84.5 Rushing Yards when you can bet Over 81.5 Rushing Yards?

But, it is also important to understand the price difference in the vig. At -110, your break-even percentage is 52.38%, so you need to hit that percentage in order to break even on your wagers given the "Bet $11 to win $10" vig. If you bump that to -115, your break-even percentage increases to 53.49% given the "Bet $11.50 to win $10" vig. The difference in just five cents of vig requires you to win an extra bet out of every 100 just to break even. At -120, your break-even percentage becomes 54.55%. At -125, it becomes 55.56% and so on.

That doesn't sound like a lot, but over the long-term picture regarding your bankroll as a sports bettor, it will add up. Shopping around for the best lines AND the best odds is critical in all settings, but the Super Bowl is a prime example of the reasons why.

LEVERAGE ODDS BOOSTS AND BONUSES

The sports betting industry is extremely competitive and that can sometimes provide a really good opportunity for the consumer. Sportsbooks will offer new sign-up bonuses or reload bonuses at this time of the year because they want to write as much action as possible. It is the single biggest betting event of the year and the best chance to impress shareholders, stakeholders, traders, bosses, and everybody with a piece of the pie.

As a result, sportsbooks will come up with some creative offers or alternative pricing. There may be free bets or match bets on players to score a touchdown or some kind of bet insurance to mitigate risk and loss. In the above example about that pair of jeans, if you see a coupon that saves you some money or maybe includes a buy one, get one offer, are you likely to use it?

That doesn't mean that all odds boosts, bonuses, and offers are going to be +EV, or positive expected value. However, it does mean that some of those opportunities may be out there and you can put yourself into a better spot than most by utilizing some of those Super Bowl sweeteners like Bonus Bets and Profit Boosts, especially if you are willing to line shop as mentioned above.

AVOID OVEREXPOSURE / THINK ABOUT "GAME STATE"

I like to group these two concepts together because they go hand-in-hand. You might have really strong opinions about the side that you like in Super Bowl LX. You've bet the spread. You've bet the moneyline. You've bet the Over QB Passing Yards and Passing Touchdowns. You've bet the Over WR1 Passing Yards and Passing Touchdowns.

But, what if you're wrong? What if your handicap on the game falls flat? What if the QB gets hurt in the first quarter? That would be a prime example of overexposure. You are tying yourself to one outcome in that game and you can have a really, really bad evening if that outcome doesn't come to fruition. Remember Super Bowl LIII between the Patriots and Rams? That game had a total of 55.5 and ended 13-3. It can happen.

Too many bettors make the mistake of getting tunnel vision and load up on player props for the side that they like. Instead, think about the "Game State". If you are right and the team that you like plays really well and wins comfortably, they may not be throwing the football in the second half. That wide receiver may just be out there running cardio or blocking for the run game. We've certainly seen the team with the lead get very conservative in the second half of the most important game of the season.

So, I'd encourage you to think about what the Game State might be. If it does end up being a blowout and you are right, then the other team will spend the second half throwing the football. Maybe you'd want to bet their QB Over Passing Attempts or their WR1 Over on Receptions. Similarly, your team may be running the football, which would bring the RB1 Over on Rush Attempts into the mix.

That's not to say that you don't want some potential correlation in your props and game expectations. If you are really convinced it will be either a high-scoring or a low-scoring game, your prop portfolio may want to reflect that. You just don't want a really high risk of ruin by having the wrong handicap.

The beauty of a large prop catalog is to be able to diversify your wagers, giving you the chance to win as many as possible based on the Game State that you expect to see.

MINUSES (-) OVER PLUSES (+)

In the era of Same-Game Parlays (SGP) and sports betting lottery tickets, bettors are all looking for the easiest way to bet a little to win a lot. Plus-money prop bets can look very enticing, but you have to think about the probability and the possibility that those things occur.

Overtime is the biggest one. Most Super Bowls end in one-score games. Some of them don't, but the thought certainly has to cross your mind that the Super Bowl, with allegedly the two best teams, could go to overtime.

There are 272 regular season NFL games. A total of 14 went to overtime. That is 5.1% of the games. If we include the 12 postseason games to this point, two of which went to OT, 5.9% of the games this season have been tied at the end of the fourth quarter.

A line of +1400 on 'Yes' for Overtime (DraftKings as of Wednesday Jan. 28) carries an implied probability of 6.67%, which is not in line with the rate of overtime games and the 2 of 59 (3.4%) we've had in Super Bowls, though it is a little bit better of a price than last year's +1100 given the size of the spread. There is a reason why the 'No' (-5000) is priced much higher than that. Yes, it happened two years ago. That doesn't mean history will repeat itself.

Generally speaking, it is better to have a "minus price" than a "plus price" in props. Only one guy can score the first touchdown. Only one guy can be the MVP, and it is rarely a non-quarterback. By the very nature of props, you are more likely to add to your bankroll betting more to win less (minus) than less to win more (plus).

The plus prices are less indicative of the true odds of an event happening, whereas the minus prices are usually a much better barometer. This is also true of parlaying a bunch of props. Don't take money out of your wallet by going 6-2 on props that would have netted a positive return as straight bets, but net absolutely nothing on a parlay.

And, yes, I'm fun at parties. Sort of. If you want to spray some fun-money bets, it's the Super Bowl. I get it. But, I do encourage you to look long and hard at your prop bets and consider these strategies and others you find helpful for the Big Game.

STEVE MAKINEN'S
SUPER BOWL LX BOX SCORE

VSiN Director of Analytics Steve Makinen simulated Super Bowl LX and here is the projected score, team stats, and player stats to help with your bets on the Big Game. Head to VSiN.com for a more detailed explanation of Steve's projections and methodology.

I started by projecting the scores, time of possession, and yardage statistics for the Super Bowl LX contest overall, and then expanded into the individual players and their projected output based upon these overall numbers.

For enhanced accuracy, I have only utilized the last 10 meaningful games for each team, making the assumption that the performances in that span were more indicative of the teams' themselves and the quality of opponents which they faced. I've made appropriate adjustments for where the teams had or played against teams with injured star players.

PROJECTED SCORE

Let's start by looking at some overall projections for the game, using my EFFECTIVE STATS method as the basis for calculation. This method takes into account the team's performance against weighted averages of its opponents. In other words, STRENGTH OF SCHEDULE is built in. Using my forecast model, here are the Effective Offensive Points projections for SB LX:

Effective Offensive Points
New England: 25.27
Seattle: 35.61

Effective Defensive Points
New England: 10.17
Seattle: 10.96

I, along with a few of my statistical colleagues in the industry, typically estimate that about 2/3 of the "scoring output" is dictated by the offenses. Using that ratio, the score projection would be:

Last 10 Games Effective Scoring Forecast
New England: 20.5
Seattle: 27.13

The total points of 47.63 is slightly higher than the actual total of 45.5, and the Seahawks would be expected to be a bit over a 6.5-point favorite. This obviously exceeds the actual line being offered in which Seattle is a 4.5-point favorite. Incidentally, this model has projected the favorite to win outright three times in five years.

PROJECTED TEAM STATS

Team Stats		
Yards Per Play*	5.49	5.02
Total Yards	314.0	280.6
Total Plays	57.2	55.9
Rushing (Yards)	148.3	110.5
Rushing Attempts	29.3	28.4
Yards Per Rush	5.06	3.89
Passing (Yards)^	231.8	155.3
Comp-Att	16.7-27.9	16.9-27.5
Yards Per Attempt	6.03	6.34
Time of Possession	30:14	29:46

Yards per play adjusted for 2/3 offense, 1/3 defense formula

^ New England: 168.2 / 6.03 (NE 186.4 total passing yards minus yardage of 2.8 projected sacks against)
Seattle: 174.4 / 6.34 (SEA 174.4 total passing yards minus yardage of 1.9 projected sacks against)

PROJECTED BOX SCORE

New England

Passing	Comp (DK)	Yards (DK)
Drake Maye	16.7 (20)	186.4 (230)

Rushing	Att (DK)	Yards (DK)
Rhamondre Stevenson	13.9 (14.5)	78.8 (50.5)
Drake Maye	7.1 (6.5)	42.9 (37.5)
TreVeyon Henderson	8.3 (4.5)	25.8 (17.5)

Receiving	Rec (DK)	Yards (DK)
Stefon Diggs	3.7 (4.5)	38 (43.5)
Hunter Henry	3.0 (3.5)	36.5 (39.5)
Kayshon Boutte	2.0 (2.5)	30.4 (31.5)
Mack Hollins	1.9 (1.5)	25.1 (13.5)
Rhamondre Stevenson	1.9 (2.5)	18.7 (20.5)
DeMario Douglas	1.2 (1.5)	17.6 (10.5)
Austin Hooper	1.4 (1.5)	11.9 (9.5)
TreVeyon Henderson	1.2 (0.5)	6.4 (2.5)

Seattle

Passing	Comp (DK)	Yards (DK)
Sam Darnold	16.9 (21)	186.8 (230)

Rushing	Att (DK)	Yards (DK)
Kenneth Walker	19.1 (19.5)	84.8 (76.5)
George Holani	3.6 (N/A)	13.2 (10.5)
Sam Darnold	2.7 (2.5)	6.2 (6.5)
A.J. Barner	1.8 (N/A)	1.8 (N/A)
Rashid Shaheed	1.2 (N/A)	4.5 (4.5)

Receiving	Rec (DK)	Yards (DK)
Jaxon Smith-Njigba	6.6 (7.5)	80.5 (95.5)
Cooper Kupp	2.8 (2.5)	29.9 (31.5)
A.J. Barner	2.7 (2.5)	24.5 (24.5)
Kenneth Walker	2.0 (2.5)	18.5 (24.5)
Rashid Shaheed	1.2 (1.5)	17.0 (23.5)
Jake Bobo	0.7 (N/A)	10.1 (0.5)
George Holani	0.9 (1.5)	6.4 (10.5)

(DK) = DRAFTKINGS ODDS AS OF FEBRUARY 1

SUPER BOWL'S DEFINITION OF MVP

By Adam Burke

MVP stands for Most Valuable Player, but we can also think of MVP as "Most Valuable Position" when it comes to the Super Bowl. All 53 players on an NFL roster have some kind of job to do, but not a single one of them is more important than the starting quarterback. The quarterback is the only player with his hands on the ball on every single play and how he performs goes a long way in deciding the outcome of any game, let alone the biggest game of the year.

Throwing a couple of darts in the Super Bowl MVP market can be fun and there are always some low-percentile cases to be made for the longest of the long shots and some mid-percentile cases to be made for the skill guys or the more prominent defensive players. Fluky things can happen in a game played with an oblong ball and anybody can be a hero on any given day. Some just have a better chance at it than others.

Let's consider the history of the Super Bowl MVP before going any further:

SUPER BOWL MVP WINNERS BY POSITION

QB: 34
RB: 7
WR: 8
Defense: 10
KR/PR: 1

Super Bowl XII had co-MVPs with Harvey Martin and Randy White, both defensive players.

Note that a tight end has never won the Super Bowl MVP. Chuck Howley (SB V) is the only player from the losing team to win the MVP.

SUPER BOWL MVP BY POSITION TRENDS

Since 1998, which is the last time a running back won Super Bowl MVP (Terrell Davis, SB XXXII), here are the 27 winners by position:

QB: 18
WR: 5
LB: 3
DB: 1

We haven't had a defensive player since Von Miller in Super Bowl 50, so it has either been a wide receiver (2 - Kupp, Edelman) or quarterback (7) in each of the last nine Super Bowls.

A lot of quarterbacks, eh? It makes sense. The running back position has been reinvented a few times within that span and teams that make the Super Bowl usually have one of the best QBs in the league. Dominant running games are almost secondary at that point and the quarterback is the face of the team. In that respect, visibility matters. You also have to handicap the people voting on the awards and defaulting to a quarterback is a pretty easy choice. He's always going to be front of mind and the easiest player to write about.

In the case of Super Bowl LX, we don't have a Tom Brady or a Patrick Mahomes. We don't even really have a Jalen Hurts, who actually finished tied for fifth in rushing touchdowns during the 2024 season. For as much as we saw Drake Maye running this season and in the postseason, he only has five rushing touchdowns. Sam Darnold threw the third-most interceptions (14) to go with his 25 touchdown passes. Maye has 35 TD passes, including a 4/2 TD/INT ratio in three playoff games where his defense has allowed a total of 26 points.

Is Super Bowl LX just the perfect storm of opportunity for a non-QB? The last 12 AFC quarterbacks in the Super Bowl have been Mahomes (5), Brady (4), Peyton Manning (2), and Joe Burrow (1). Maye had a great season, but he's not going to be mentioned in the same breath as that group. Meanwhile, Darnold enters this game with his first instance of going three straight games without throwing a pick of the season. That's not to say he can't win it with an interception - six of the last eight QBs to win Super Bowl MVP have thrown at least one.

This might be one of the rarer cases where the main guy catching passes (Jaxon Smith-Njigba) can actually beat out the guy throwing them to him. Even though Matthew Stafford was throwing to Cooper Kupp when he won SB LVI MVP, Stafford had two picks to go with his 283 passing yards and three touchdowns. Kupp had eight catches for 92 yards and two scores, including the game-winning TD with 1:25 left. Would Tee Higgins (4-100-2), who caught a TD pass from RB Joe Mixon, have won it if the Bengals were able to hold on?

This feels like the toughest Super Bowl in a long time for handicapping the MVP winner, especially in light of that history lesson above. If you're looking for some more guidance, our VSiN hosts and experts shared some of their thoughts in our Best Bets section earlier in this Betting Guide and we'll have plenty more throughout the week on our VSiN airwaves.

TreVeyon Henderson

MY TOP 10 HISTORICAL SUPER BOWL BETTING TRENDS

By Steve Makinen

If you've been with us at any point since 2017, you probably recall my full Super Bowl Betting Trends & Systems article. For the purposes of our 2026 Super Bowl Betting Guide, I've put together a more succinct piece, highlighting my Top 10 Super Bowl Trends and Systems, and how they might factor in this year's matchup, Patriots vs. Seahawks. These are ordered in how important I think they will be regarding handicapping this year's game. These trends cover about every option on the line/total/teaser board. At the time of this writing, as far as the line/total was concerned, we had Seattle -4.5/45.5 according to DraftKings.

TREND #1 - THE TEAM THAT IS THE BETTER PLAYOFF SEED IS JUST 2-17-2 ATS (10.5%) IN THE LAST 29 SUPER BOWL GAMES!

- **STEVE'S THOUGHTS:** I have to convince bettors that this trend is for real. It is almost too insane to believe, especially if you harken back to the early '90s, when the better team always seemed to win by spectacular margins. Similarly, the team with the better playoff seed is just 2-17-2 ATS (10.5%) in the last 29 Super Bowl games, with equal-seeded matchups eight times in that span. It seems that this huge game has become not so much a confirmation of a body of work, but rather a single game decided by which team executes better on that particular day. These premier trends will be in play as No. 1 seed Seattle takes on No. 2 seed New England.

TREND #2 - OVER THE PAST 24 YEARS, UNDERDOGS OWN AN 18-6 ATS (75%) EDGE IN THE SUPER BOWL, INCLUDING 14-4 ATS IN THE LAST 18.

- **STEVE'S THOUGHTS:** This follows with trend No. 1 above, as it seems that the motivation of being an underdog in the season's biggest game on TV's biggest stage is a solid motivator. Philadelphia added a convincing win to this angle last year. Can New England pull off another shocker?

TREND #3 - THE OUTRIGHT WINNER IS 49-7-3 ATS (87.5%) IN THE 59 PREVIOUS SUPER BOWLS.

- **STEVE'S THOUGHTS:** This 87.5% mark is the highest of any playoff round. Interestingly, one of those ATS losses did occur as recently as 2022, when Cincinnati became the first underdog to cover a point spread without winning on a Super Bowl line of less than six points. The general thought is that champions typically leave little doubt in this game. Consider this if you have any concerns about laying points with Seattle, or taking a moneyline wager on the underdog Patriots.

TREND #4 - WITH SIX-POINT TEASERS IN THE LAST 24 SUPER BOWLS, THERE HAS BEEN A HUGE SEPARATION, AS FAVORITES ARE JUST 13-11 (54.2%) WHILE UNDERDOGS ARE 21-3 (87.5%).

- **STEVE'S THOUGHTS:** An 87.5% teaser trend moving a line just six points is nothing to take lightly. Consider this as you craft your wagers for the 2026 game. An underdog six-point teaser would put New England at +10.5, likely a very attractive wager for many bettors. Combine that with an Under 51.5 or Over 38.5, and you could have the makings for a winning bet. Both total options have hit at over a two-thirds rate in Super Bowls.

TREND #5 - TEAMS THAT HOLD AN EDGE IN AT LEAST THREE OF FOUR KEY STATISTICAL CATEGORIES ARE 41-6 SU AND 37-9-1 ATS (80.4%).

- **STEVE'S THOUGHTS:** Over the years, I have found that there is a certain "recipe" for success in the Super Bowl, and it stems from the four key stat categories: Time of Possession, Rushing Yardage, Yards per Pass Attempt, and Turnover Differential. The Eagles swept the four categories last year in routing Kansas City. Can you see either of this year's teams having the edge in all three? For those of you looking to project this type of information for 2026, turnovers can be hard to project, although the amount of pressure each team's defense puts on an opposing quarterback can prove to be a good indicator. The other stats should be relatively predictable for any advanced handicapper or service regularly using sophisticated statistical models for simulation. I did so in another forecast article, which gave New England the TOP & rushing-yardage edge and Seattle the YPA edge.

TREND #6 - NEW ENGLAND IS ON AN 11-4 ATS SURGE VERSUS SOLID RUSHING DEFENSES ALLOWING LESS THAN 3.9 YPR

- **STEVE'S THOUGHTS:** With a second-year QB running its offense, regardless of the success Drake Maye has enjoyed this year, you have to think that New England is going to put a lot of emphasis on the ability to run the football. Seattle has a staunch run defense, ranked No. 1 in the NFL in yards per rush allowed, but recent history shows the Patriots have fared well against such teams.

TREND #7 - ONLY 19 SUPER BOWL GAMES IN HISTORY HAVE BEEN DECIDED BY LESS THAN A TOUCHDOWN AND 10 OF THEM HAVE BEEN IN THE LAST 18 YEARS.

- **STEVE'S THOUGHTS:** Setting aside last year's Philadelphia blowout win over Kansas City, we truly are in an era of highly competitive Super Bowl games. Let's face it, no one likes to be embarrassed on the big stage. Coaches preach preparation and execution in the two weeks leading up to the game. Only rare physical mismatches result in blowouts at this stage.

TREND #8 - TEAMS THAT ALLOWED FEWER POINTS PER GAME DURING THE REGULAR SEASON HAVE GONE 9-1 SU AND 8-2 ATS (80%) IN THE LAST 10 SUPER BOWL GAMES, INCLUDING PHILADELPHIA A YEAR AGO. SEATTLE HOLDS THIS SLIGHT EDGE BY 1.6 PPG.

- **STEVE'S THOUGHTS:** This trend includes Philadelphia from a year ago. If you do happen to check out my full Super Bowl Betting Trends & Systems piece, you will see that the importance of defensive statistics has far outweighed that of offensive numbers in terms of how it relates to recent Super Bowl success. Seattle allowed fewer points than New England in the regular season, 17.2 PPG to 18.8.

TREND #9 - TEAMS THAT GENERATED MORE YARDAGE OVERALL OFFENSIVELY IN THE REGULAR SEASON OWN NO EDGE WHEN IT COMES TO SUPER BOWL SUCCESS, GOING 3-11 SU AND 2-12 ATS (14.3%) IN THE LAST 14!

- **STEVE'S THOUGHTS:** I just mentioned that it is important to boast strong defensive scoring numbers going into recent Super Bowl games. It's been quite the opposite for prolific offensive numbers. Recently, the old saying "defense wins championships" has been fruitful. Remember, defensive coordinators have two full weeks to get ready for the opposing offenses, as well as the talent to hold them down. New England holds this "edge" moderately in 2026, 379.4 YPG to 351.4.

TREND #10 - IN THE LAST 19 SUPER BOWL GAMES IN WHICH BETTORS MOVED THE LINE OFF OF OPENING TOTALS, THAT MOVE IS 12-7 (63.2%).

- **STEVE'S THOUGHTS:** This trend includes a stretch of 7-1 on total moves, so perhaps this could be an emerging strategy to follow for recreational bettors. The line move winning percentages were much worse. Be sure to follow that action in the hours leading up to kickoff if you tend to believe in this type of analysis. For what it's worth, there was a downward from 46.5 to 45.5 on the total since opening on Sunday night.

Jaxon Smith-Njigba

EXCEPTIONAL PROPS
BUILT ON HISTORY, PAID IN UNITS

By Matt Devine

Back in 2019, for Super Bowl LIII, I took a deep dive into the historical outcomes of general Yes/No props for every Super Bowl dating back to 2002. Beyond compiling win-loss records for more than 150 props at the time, I also introduced a metric I decided to call the exceptional rating. Clever name, right?

Hey, I mostly handle publication layout and design for VSiN – so once a year, when I step out of my dark corner to do a little research and writing, you get to see how well graphics translate into vocabulary… or how well they don't (perhaps like the measurement's name).

Fast-forward to Super Bowl LX, and it's time once again for my favorite, your favorite, everyone's favorite: Matty's 8th Annual List of Exceptional Props.

In short, the exceptional rating is a way to quantify the value of a prop's betting line – and, by extension, the potential advantage a bettor may have. How is it calculated? I'll get to that in a moment.

After reviewing nearly 300 props for Super Bowl LIX in last season's article – 15 of which earned an exceptional rating – I finished with a 9-6 record, up 0.4 units, and enough profit to buy a nice ham sandwich down the street. Through seven seasons, my overall record now stands at 64-38 (62.7%, +9.55 units).

Endure. Improve. Advance.

I'm hopeful the exceptional rating produces a few more shekels for Super Bowl LX. Here's how it works.

HOW TO CALCULATE EXCEPTIONAL RATING

Step 1: Using an odds converter, determine the implied odds of a prop based on how often the outcome has historically been correct (or incorrect).

Step 2: Compare those implied odds to the sportsbook's listed odds and calculate the difference.

Here is an example:

The team that scores last has won the Super Bowl in 21 of the last 24 games – 87.5% of the time. That translates to implied odds of -700, meaning I'd expect to lay seven units to win one. But when I reach the sportsbook, I see the line is just -200. Now I'm only laying two units to win one – saving five units compared to expectation.

To determine the exceptional rating, subtract the sportsbook odds from the implied odds:

-700 – (-200) = 500

That difference of 500 becomes the prop's exceptional rating.

SETTING THE BASELINE

In addition to calculating an exceptional rating for every prop, I also establish a minimum rating – essentially a baseline – to determine which props are worthy of a wager. Over the years, that threshold has ranged from 400 to 600. This year, my minimum exceptional rating is 500.

The purpose is simple: discipline. Setting a minimum prevents me from betting every prop on the board.

A FEW THINGS TO KEEP IN MIND

Most of these props are available at multiple sportsbooks. Take your time, shop around and find the best number. Lines referenced in this article may have changed since publication.

Some books phrase props differently, even though the outcome is effectively the same. For example:

"What will be the first offensive play of the second half?" Pass (-110) or Run (-110)
vs
"Will the first play of the second half be a pass?" Yes (-110) or No (-110)

Should you bet props below the 500 minimum? That's entirely up to you. The exceptional rating is just one tool in your betting arsenal. Team tendencies, matchup context and insights from VSiN personalities and experts all matter. Plenty of strong bets will fall below my personal cutoff.

Some props with exceptional ratings above 500 will come with very steep prices (e.g., -1800). Consider these selectively and always within the confines of your bankroll.

MY BETS

This year, I've identified 12 props with an exceptional rating of 500 or greater. My maximum exposure on a single prop is 10 units. Those selections are listed on the next page and remember, tracking goes back to 2002.

THE SPREADSHEET

Beyond the bets themselves, perhaps the most valuable tool in this article is the spreadsheet compiling results from 275 props across the last 24 Super Bowls, along with a breakdown of "square" results by quarter.

Several props – labeled "Infinite" – have never been beaten in one direction or the other. I'll continue adding to the spreadsheet throughout the week, so be sure to check back.

A TREND WORTH NOTING

Last year, I noticed a shift in the types of props qualifying for strong exceptional ratings. This year, that trend became even more apparent: implied odds and exceptional ratings are converging.

In plain terms, props with exceptional ratings north of 400–500 are increasingly either:

a) very expensive, or
b) long shots.

The days of finding massive exceptional ratings attached to modest -110 or -200 prices are largely gone. As this convergence continues, my plan for Super Bowl LXI is to generate exceptional-rating lists using 25-year, 15-year and 10-year data windows.

Best of luck with all your Super Bowl wagers.

MY BETS

Prop (1u = 1 unit, 4u = 4 units, etc)	My Wager Is On	Historical Yes	Historical No	Implied Wager Odds	Actual Odds I'm Betting	Exceptional Rating	Book
Will the game be decided by exactly 11 points?	Yes, 1u	2, 8.3%	22, 91.7%	+1100	+3000	1900	Westgate
Will there be an offensive touchdown scored on 4th down?	No, 4u	1, 4.2%	23, 95.8%	-2298	-400	1898	DraftKings
Will both teams attempt a 2-point conversion?	No, 8u	1, 4.2%	23, 95.8%	-2298	-800	1498	Circa
Will any quarterback throw for 400+ yards?	Yes, 1u	2, 8.3%	22, 91.7%	+1100	+2500	1400	FanDuel
Will any player have a 60+ yard run?	No, 10u	1, 4.2%	23, 95.8%	-2298	-1000	1298	Circa
Will the game be decided by exactly 4 points?	Yes, 1u	3, 12.5%	21, 87.5%	+700	+1600	900	Westgate
Will there be a kickoff returned for a touchdown?	Yes, 1u	3, 12.5%	21, 87.5%	+700	+1600	900	Circa
Will the final play result in a score (kickoff not included)?	Yes, 1u	7, 29.2%	17, 90.8%	+243	+1060	817	FanDuel
Will there be a successful onside kick?	Yes, 1u	1, 4.2%	23, 95.8%	+2298	+3000	702	FanDuel
Will the team that scores last win the game?	Yes, 2u	21, 87.5%	3, 12.5%	-700	-200	500	FanDuel
Will there be a safety?	Yes, 1u	4, 16.7%	20, 83.3%	+500	+1000	500	FanDuel
Will there be a score in the first 3:30 of the game?	No, 6u	2, 8.3%	22, 91.7%	-1100	-600	500	Westgate

12 Total Wagers Risking   **37u**

SUPER BOWL BETTING HISTORY

SB# (Date)	FL	FT	NFC TEAM	Score	AFC Team	Score	SU	ATS	Total
1 (1/15/67)	GB -14		Green Bay	35	Kansas City	10	Green Bay	Green Bay	N/A
2 (1/14/68)	GB -13.5	43	Green Bay	33	Oakland	14	Green Bay	Green Bay	Over
3 (1/12/69)	BAL -18	40	Baltimore	7	NY Jets	16	NY Jets	NY Jets	Under
4 (1/11/70)	MIN -12	39	Minnesota	7	Kansas City	23	Kansas City	Kansas City	Under
5 (1/17/71)	DAL -2.5	36	Dallas	13	Baltimore	16	Baltimore	Baltimore	Under
6 (1/16/72)	DAL -6	34	Dallas	24	Miami	3	Dallas	Dallas	Under
7 (1/14/73)	WAS -1.5	33	Washington	7	Miami	14	Miami	Miami	Under
8 (1/13/74)	MIA -6.5	33	Minnesota	7	Miami	24	Miami	Miami	Under
9 (1/12/75)	PIT -3	33	Minnesota	6	Pittsburgh	16	Pittsburgh	Pittsburgh	Under
10 (1/18/76)	PITT -6.5	36	Dallas	17	Pittsburgh	21	Pittsburgh	Dallas	Over
11 (1/9/77)	OAK -4.5	38	Minnesota	14	Oakland	32	Oakland	Oakland	Over
12 (1/15/78)	DAL -6	39	Dallas	27	Denver	10	Dallas	Dallas	Under
13 (1/21/79)	PITT -4	37	Dallas	31	Pittsburgh	35	Pittsburgh	TIE	Over
14 (1/20/80)	PITT -10.5	36	LA Rams	19	Pittsburgh	31	Pittsburgh	Pittsburgh	Over
15 (1/25/81)	PHI -3	37.5	Philadelphia	10	Oakland	27	Oakland	Oakland	Under
16 (1/24/82)	PK EM'	48	San Francisco	26	Cincinnati	21	San Francisco	San Francisco	Under
17 (1/30/83)	MIA -3	36.5	Washington	27	Miami	17	Washington	Washington	Over
18 (1/22/84)	WAS -3	48	Washington	9	LA Raiders	38	LA Raiders	LA Raiders	Under
19 (1/20/85)	SF -3	53	San Francisco	38	Miami	16	San Francisco	San Francisco	Over
20 (1/26/86)	CHI -10	37	Chicago	46	New England	10	Chicago	Chicago	Over
21 (1/25/87)	NYG -9.5	40.5	NY Giants	39	Denver	20	NY Giants	NY Giants	Over
22 (1/31/88)	DEN -3.5	47	Washington	42	Denver	10	Washington	Washington	Over
23 (1/22/89)	SF -7	47.5	San Francisco	20	Cincinnati	16	San Francisco	Cincinnati	Under
24 (1/28/90)	SF -12.5	47	San Francisco	55	Denver	10	San Francisco	San Francisco	Over
25 (1/27/91)	BUF -7	39	NY Giants	20	Buffalo	19	NY Giants	NY Giants	TIE
26 (1/26/92)	WAS -7	49	Washington	37	Buffalo	24	Washington	Washington	Over
27 (1/31/93)	DAL -6	45	Dallas	52	Buffalo	17	Dallas	Dallas	Over
28 (1/30/94)	DAL -10.5	50.5	Dallas	30	Buffalo	13	Dallas	Dallas	Under
29 (1/29/95)	SF -18	54	San Francisco	49	San Diego	26	San Francisco	San Francisco	Over
30 (1/28/96)	DAL -13.5	52	Dallas	27	Pittsburgh	17	Dallas	Pittsburgh	Under

SUPER BOWL BETTING HISTORY

SB# (Date)	FL	FT	NFC TEAM	Score	AFC Team	Score	SU	ATS	Total
31 (1/26/97)	GB -14	49	Green Bay	35	New England	21	Green Bay	TIE	Over
32 (1/25/98)	GB -11.5	49	Green Bay	24	Denver	31	Denver	Denver	Over
33 (1/31/99)	DEN -7.5	51.5	Atlanta	19	Denver	34	Denver	Denver	Over
34 (1/30/00)	STL -7	48	St Louis	23	Tennessee	16	St Louis	TIE	Under
35 (1/28/01)	BAL -3	32.5	NY Giants	7	Baltimore	34	Baltimore	Baltimore	Over
36 (2/3/02)	STL -14	52.5	St Louis	17	New England	20	New England	New England	Under
37 (1/26/03)	OAK -3.5	44	Tampa Bay	48	Oakland	21	Tampa Bay	Tampa Bay	Over
38 (2/1/04)	NE -7	38	Carolina	29	New England	32	New England	Carolina	Over
39 (2/6/05)	NE -7	47	Philadelphia	21	New England	24	New England	Philadelphia	Under
40 (2/5/06)	PIT -4	46.5	Seattle	10	Pittsburgh	21	Pittsburgh	Pittsburgh	Under
41 (2/4/07)	IND -6.5	47	Chicago	17	Indianapolis	29	Indianapolis	Indianapolis	Under
42 (2/3/08)	NE -12.5	54	NY Giants	17	New England	14	NY Giants	NY Giants	Under
43 (2/1/09)	PIT -6.5	46.5	Arizona	23	Pittsburgh	27	Pittsburgh	Arizona	Over
44 (2/7/10)	IND -4.5	56.5	New Orleans	31	Indianapolis	17	New Orleans	New Orleans	Under
45 (2/6/11)	GB -3	44.5	Green Bay	31	Pittsburgh	25	Green Bay	Green Bay	Over
46 (2/5/12)	NE -3	53	NY Giants	21	New England	17	NY Giants	NY Giants	Under
47 (2/3/13)	SF -4.5	47.5	San Francisco	31	Baltimore	34	Baltimore	Baltimore	Over
48 (2/2/14)	DEN -2	47	Seattle	43	Denver	8	Seattle	Seattle	Over
49 (2/1/15)	SEA -1	47	Seattle	24	New England	28	New England	New England	Over
50 (2/7/16)	CAR -4.5	43.5	Carolina	10	Denver	24	Denver	Denver	Under
51 (2/5/17)	NE -3	57	Atlanta	28	New England	34	New England	New England	Over
52 (2/4/18)	NE -4.5	49	Philadelphia	41	New England	33	Philadelphia	Philadelphia	Over
53 (2/3/19)	NE -2	55.5	LA Rams	3	New England	13	New England	New England	Under
54 (2/4/20)	KC -1	53	San Francisco	20	Kansas City	31	Kansas City	Kansas City	Under
55 (2/7/21)	KC -3	55.5	Tampa Bay	31	Kansas City	9	Tampa Bay	Tampa Bay	Under
56 (2/13/22)	LAR -4.5	48.5	LA Rams	23	Cincinnati	20	LA Rams	Cincinnati	Under
57 (2/12/23)	PHI -2.5	51.5	Philadelphia	35	Kansas City	38	Kansas City	Kansas City	Over
58 (2/11/24)	SF -1.5	47.5	San Francisco	22	Kansas City	25	Kansas City	Kansas City	Under
59 (2/11/24)	KC -1.5	48.5	Philadelphia	40	Kansas City	22	Philadelphia	Philadelphia	Over

TAKE **VSiN** WITH YOU
WHEREVER YOU ARE!

SiriusXM
CHANNEL 158

▶ YouTubeTV

VSiN W▶TCH

GET IT ON
Google Play

Download on the
App Store

Roku TV fire tv

iHeart
RADIO Spotify TUNE IN