Today I'll take a look at a team in a league with some complex scoring categories and rules.

The League

Icy Cups Fantasy Hockey League

The Team

Thai Sticks

The Rules

12 team H2H keeper league

No salary cap

17 active players (3 C, 3 LW, 3 RW, 6 D, 2 G)

6 bench players (any position)

6 farm players (100 game maximum, don’t count toward keepers)

Scoring system:

P = 1
PIM = 0.08
SOG = 0.015
+/- = 0.32

PPP = 0.4
SHP = 0.6
Hits = 0.08
Blocked shots = 0.2
Defense points = 0.15 (bonus)
W = 2
SV = 0.08
GA = -0.64
OTL = 0.8
SO = 3

The Roster

C

Carter, Oshie, Krejci, Ott, Umberger

LW

Cammalleri, Kulemin, Jokinen

RW

Gionta, Knuble, Fleischmann (LW/RW), Latendresse (LW/RW), Kovalev

D

Ehrhoff, Timonen, Lidstrom, Tyutin

G

Halak, Khabibulin

Farm

Eberle (C) 0 gp, Hodgson (C) 0 gp, Greiss (G) 19 gp,

Galiardi (LW) 81 gp, Gilroy (D) 82 gp, Bergfors (RW) 90 gp

Non keepers

Handzus (C), S. Kostitsyn (LW), Hagman (LW)

Pouliot (LW – Mon), Spacek (D), Nabokov (G)

Recent Trades

Incoming: Khabibulin, Greiss, Flieschmann, Kulemin, and a 3rd round pro pick
Outgoing: Frolik, Subban, Turco

As it stands right now, this is a poor trade. Khabibulin is still facing some severe off-ice punishments for a DUI he received last year in Phoenix. Fleischmann and Kulemin are solid young forwards, but neither have the upside of Frolik. Giving up Subban is really the kicker though. Your defense is pretty thin already, and he has the upside to be one of the league's most prolific offensive defensemen. Greiss will play a fair number of games this season, but this deal will set you back.

Incoming: Carter, J. Jokinen
Outgoing: Datsyuk

Don't like this trade, either. You have a few comparable players to Jokinen (solid scoring wingers), and he is coming off of a career season. Datsyuk, after back-to-back 97-point seasons, had his numbers drop across the board in 2009-10. I think you may have sold low here. And justifying the deal by saying you got younger won't fly with me – Datsyuk has at least three or four elite seasons left.

Recommendations

1) Keep Umberger and Kovalev from the list of potential keepers. No one else really jumps out at me.

2) With your prospect draft pick (4th overall), try for one of Nino Niederreiter or Jeff Skinner. Don't go for a defenseman.

3) Get some more toughness up front. Ott is a good start, but try to add a hitting, PIM producing forward (someone like David Clarkson, for example). Even at the lower end, you should be able to acquire a player like Sean Avery.