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Introduction & Mission Statement

Introduction & Mission Statement

Pursuant to the Mission Statement of the Gongshow Fantasy Hockey League (henceforth “GFHL,” and “the League,” interchangeably), these rules shall be followed by all owners in the League with no exceptions. The Commissioner and Co-Commissioners are not above these rules. The rules can only be amended prior to the Draft, which is scheduled for October 4, 2024, at 7:00PM EDT, at which time this document shall be considered final and binding until the end of the 2024-2025 Hockey Season.

The Mission Statement of the Gongshow Fantasy Hockey League is to be the most enjoyable, respectable, and competitive fantasy hockey experience at a worthwhile and affordable price. The rules herein are the result of observing previous GFHL seasons as well as consultation with commissioners of other fantasy sports leagues.

Teams, Divisions, League Setup, & Owner Responsibilities

2.1. Teams and Divisions

Starting in the 2024-25 season, there is no longer a divisional breakdown. This decision came about after reviewing the standings and playoff qualification the previous several seasons, and far too often, well-managed teams in the more competitive division were unable to make the playoffs due to more poorly performing teams taking up playoff spots.

A divisional alignment may take place between the 28-29 and 29-30 seasons, but only at the request of an owner—in which case a vote will be held—or at the behest of the Commissioners.

~~The League shall always consist of 12 teams in 2 divisions of 6 teams each. Teams cannot change divisions unless the Commissioners agree that a change needs to be made. Every three years during the offseason, owners may move for a vote on divisional realignment, or the Commissioners decide on a divisional realignment. The next divisional realignment may take place between the 23-24 and 24-25 seasons, but a vote will take place only at the request of an owner. Alternatively, the Commissioners may move for a divisional realignment between these seasons.~~

The current divisions are as follows:

<i>Clarence Campbell Division</i>	<i>Prince of Wales Division</i>
Adam	AKM
Curtis	Anthony
Dustin	Gemma
Mark	Jens
Rob	Matt
Steve	Nate

2.2. GFHL Membership

Membership in the League will be granted by the Commissioner and the Co-Commissioner, but any League owner can nominate someone to join the League. Franchise ownership will be granted at the Commissioner's discretion based on the following factors: closeness of friendship with other owners in the League, reputation in other fantasy sports leagues, conduct in social media group settings, and the availability of a franchise in the League. If no franchise is available, the prospective owner will be placed on a waiting list pending franchise availability. Owners have the right to return to the league year-to-year as long as they remain in good standing with the league and are past their first-year probationary period. First-year owners may return to the League pending a vote by multi-year owners and/or at the discretion of the Commissioner and Co-Commissioner. First-year owners can be removed from the league without warning if their behavior and conduct are a detriment to the League.

Our hope is that all GFHL members enjoy their time in the League so much that they feel compelled to return year after year, but we understand that's not always possible. ***In the event that an owner needs to leave the league for any reason***, all ownership and administrative rights to that team will transfer to a new owner. All players on the roster from the current or most recent season will transfer to the new owner.

2.3. League Dues

Each GFHL owner is required to deposit \$50 USD into the league pot. All owners must pay their dues no later than the due date set by the Commissioner each season. League dues are subject to change in the offseason from year to year; however, the Commissioner and Co-Commissioners will give at least one full season of advance notice before the dues increase by more than \$10 above the previous season's dues. The league pot is currently held by Fantrax Treasurer. Dues for the 25-26 season must be paid no later than October 2, 2025. Any owner whose dues have not been paid by then will be locked from their team until payment is made.

2.4. Prizes

At the conclusion of the GFHL season, cash prizes will be awarded to the top three finishers after the GFHL Playoffs. The amounts are in USD.

- 1st place: \$200
- 2nd place: \$75
- 3rd place: \$25

Additionally, a \$15 cash prize will be awarded to the winner of the consolation bracket, which any team that didn't qualify for the GFHL Playoffs will be eligible for.

Finally, a single \$5 category prize will be awarded at the end of each scoring period.

Scoring Period	Prize Criteria
1	Most Hits
2	Highest Scoring Team
3	Most Faceoffs Won (FOW)
4	Highest Scoring Team
5	Highest Plus/Minus (+/-)
6	Highest Scoring Team
7	Most Power Play Points (PPP)
8	Highest Scoring Team
9	Least Goals Against (GA)
10	Highest Scoring Team
11	Most Blocks (Blk)
12	Highest Scoring Team

Scoring Period	Prize Criteria
13	Most Penalty Minutes (PIM)
14	Highest Scoring Team
15	Most Shots on Goal (SOG)
16	Highest Scoring Team
17	Most Saves (SV)
18	Highest Scoring Team
19	Most Assists (A)
20	Highest Scoring Team
21	<p>Lowest Team Score <i>(Must have every position played at least once by an active player (No IR, OUT, SUS, etc). Six total players must be activated, one in each position: C/LW/RW/D/Skt/G, and those players MUST have accrued points— either positive or negative (PIM and/or GA)—in order to qualify for this prize.</i></p>

All winnings will be distributed at the conclusion of the season.

2.5. Owner Responsibilities

GFHL Owners are expected to remain engaged in all league conversations and activities. All league conversations

will take place in the [GFHL server on Discord](#). To obtain access to the Discord server, please contact the

Commissioner or Co-Commissioner. All owners should install the Fantrax app onto their smartphones (available on [Android](#) and [iOS](#)) and/or bookmark [Fantrax](#) on your browser.

Draft and Rosters

3.1. The Draft

The 2025 GFHL Live Draft will take place on **Thursday, October 2, at 8:30PM EDT**, and will be hosted online by Fantrax. A Draft Party will take place simultaneously online in the GFHL Discord server. Any owner who wishes to join the Draft Party can log in by clicking the "Draft Night Lounge" voice channel in the server. While not required, participation in the Draft Party is encouraged.

If you live in/near northern New Jersey or the Hudson Valley (or would like to visit the area), you're invited to a live, in-person Draft Party hosted by the Commissioner and Co-Commissioners. The venue will be announced in the GFHL Discord server.

All owners are expected to participate in the online Draft, either remotely or at the Draft Party. You can participate in the draft by logging onto the [Fantrax league homepage](#) and clicking "Draft Room," or through the Fantrax app on your smartphone.

3.2. Draft Format

The GFHL Draft will be a snake draft, and the Draft order will be based on a lottery system, with the last-place team from the previous season receiving the highest number of chances to win the first overall pick in the lottery. Lottery chances are normally allocated as follows:

1. 12th place: 24 chances
2. 11th place: 22 chances
3. 10th place: 20 chances
4. 9th place: 18 chances
5. 8th place: 16 chances
6. 7th place: 14 chances
7. 6th place: 6 chances
8. 5th place: 5 chances
9. 4th place: 4 chances
10. 3rd place: 3 chances
11. 2nd place: 2 chances
12. 1st place: 1 chance

3.3. Keepers

3.3.1 Keeper Rules

Each owner may keep up to 4 players from their previous season's roster. Owners may keep players drafted in the 3rd-21st rounds of last season's draft. Players drafted in the 1st and 2nd rounds of the previous draft may **not** be selected as a keeper. If you elect to keep any players, they will replace your draft pick for the round 2 above the value at which they were drafted.

For example, if you choose to keep a player drafted in the 3rd round of last season's draft, that player will count as your 1st round pick in this season's draft. If you choose to keep a player drafted in the 12th round of last season's draft, that player will take up your 10th round pick in this season's draft.

If you are electing to keep a player who was undrafted in the previous draft, he will count against your 10th round draft pick in the upcoming draft, unless you're already keeping a player drafted in the 12th round in October 2022, in which case he'll count against your 11th round pick. If you're choosing to keep a player who would count against a draft pick that you traded away during the previous season, that player will drop in value by one round.

For example, if you traded away your 3rd round pick and you would like to keep a player drafted in the 5th round in last season's draft, that keeper will count against your 4th round pick in this season's draft, and his value will adjust accordingly in next season's draft.

If you are electing to keep two players who were both drafted in the same round in the previous draft (you may have obtained one or more of such players through a trade or a waiver claim) and you have only one pick in the round they are valued at, the player with the higher ADP will count against your pick in the round one earlier than that player's original value.

For example, if you drafted a player in the 6th round in 2024 and traded for a player during the 2024-25 season who was also drafted in the 6th round, the player with the higher ADP between the two players will count against your 3rd round pick while the player with the lower ADP will count against your 4th round pick as usual.

3.3.2. How to Set Keepers

You can set your keepers in Fantrax by going to the sidebar on the left of the screen and hovering your mouse over "Team" and clicking "Keeper Admin." On the Fantrax app, you'll set your keepers by tapping your team icon in the lower left corner of the screen, tapping "Team" in the menu that pops up, and then tapping "Keeper Admin" in the next menu. Once you're in the Keeper Admin screen, place a checkmark next to any player you'd like to keep. After you've set your keepers,

send a message to the Commissioner and/or Co-Commissioners notifying them that you've set your keepers. They will review your keepers to ensure that they adhere to the rules.

Below is a video tutorial for setting your keepers.

<https://www.youtube.com/embed/xtJAzUvOWrU?si=WN7CfpqNWsesahKI>

3.4. Roster Composition

Each team will have the following roster composition: 21 players consisting of 3 centers, 3 right-wingers, 3 left-wingers, 4 defenders, 1 goaltender, 1 utility position, and 6 bench spots.

Additionally, each team has a total of 4 IR spots available. The IR spots are available for any players who are listed as injured, irrespective of their IR status in the NHL. Players who are not available due to COVID-19 may also be placed on IR.

If there is a player who is legitimately considered injured or unavailable due to COVID-19, but Fantrax is not allowing you to move the player to IR, the Commissioner and Co-Commissioners will be able to assist.

3.5. Starting Lineups

3.5.1. Competitive Starting Lineups

Owners are expected to set their starting lineups for each day of NHL competition. A competitive starting lineup is defined as a lineup that has all on-ice roster positions occupied by active players. Players listed as “IR,” “Out,” or “Day-to-Day” are not considered part of a competitive starting lineup.

While the Commissioner and Co-Commissioners will not actively check every team’s starting lineup throughout the season, owners that have multiple complaints filed against them about not setting a competitive starting lineup may be in danger of losing their membership in the GFHL during the following offseason. First-year owners who have multiple severe complaints filed against them may be forced to transfer ownership and management of their team to a new owner during the current season.

We understand that there are valid reasons an owner may be unable to set a competitive starting lineup for each day of a matchup, so these starting lineup rules are in place for the rare situation in which an owner has become inactive for many matchups.

If at any point during the season you think you might not be able to maintain a competitive starting lineup for several weeks on end, please reach out to the Commissioner and Co-Commissioners to let them know of your circumstance. They may advise inviting a co-owner to help manage your team or assist you in finding someone to help.

3.5.2. Starting Lineup Requirements

Each team will start 15 players in the following positions and amounts: 3 C, 3 RW, 3 LW, 4 D, 1 UTIL, 1 G.

Transactions

4.1. Drop/Add

A drop/add is the simplest transaction. It involves adding a player from free agency to your roster and dropping a player from your roster onto waivers in order to make room for the player you are adding. You are limited to 6 claims per week via drop/add and waivers pickups.

4.2. Waiver Pickups

The League uses an Automated Priority Order system and places the priority order in reverse order of standings (non-serpentine). Waiver wire claim order is reset at 3:00AM ET on Mondays. Players remain on waivers for 1 day. Waiver Wire claim processing time is 48 hours.

4.3 Trades

4.2.1. Trade Guidelines

Owners may trade players at any time throughout the season as long as trading is not restricted. The only types of trades that are permitted are those that take place on Fantrax. For example, the owner of Team A cannot trade Nick Suzuki and a signed Guy Carbonneau jersey to the owner of Team B for Connor McDavid.

4.2.2. Trade Approval

Trades will be approved by the Commissioner and Co-Commissioners, with each having one equally weighted vote. Most trades will likely be approved unless the Commissioner and Co-Commissioners determine the trade to be severely imbalanced. Note that a trade will automatically be rejected if players and/or draft picks are only going in one direction. For example, if Team A trades Brady Tkachuk to Team B, but Team B does not trade anything in return, that trade will automatically be rejected.

4.2.3. Trading Draft Picks

In addition to players, owners may trade draft picks. At this time, you may only trade draft picks for the next draft. In other words, during the 2025-26 season, you may only trade picks for the 2026 Draft. Picks cannot be traded for the 2027 or 2028 Drafts. If this is an option that enough owners would like opened up in the future, we can discuss putting it into effect.

4.2.4. Trade Deadline

The trade deadline this season is February 22, 2026.

League Schedule

5.1. Regular Season

The GFHL Regular Season will last 20 weeks from the start of the NHL season. The schedule will be automatically set by Fantrax. Matchups follow the NHL weekly schedule. Each matchup will run for 7 days, beginning each Monday and ending on the following Sunday, with the exceptions of week 1 which starts on Tuesday, Oct. 10, and ends on Sunday, Oct. 22; and the period containing the All-Star break (Jan. 29 - Feb. 4), which will be merged with the following week (Feb. 5 - Feb. 11). This amounts to a total of 18 scoring periods during the regular season.

5.2. Playoffs

5.2.1. Playoff Format

Six (6) teams will make the GFHL Playoffs. Division winners are automatically awarded the top playoff seeds and receive a bye to the second round. Each playoff round will be reseeded, so the top-seeded remaining team will play the lowest.

5.2.2. Playoff Schedule

The Playoffs will take place during weeks 21 through 26 of the NHL regular season, starting on February 26 and ending on April 7. Each round of the Playoffs will last two (2) weeks.

5.2.3. Tiebreakers

In the event of a tie, the higher seeded team will win.

5.3. Third Place Prize

The third-place prize will be awarded to the manager eliminated in the semifinal round of the playoffs who had the highest point total. This manager will receive a cash prize in accordance with the [Prizes](#) section of this rulebook.

Scoring

Scoring

6.1. Scoring Stats

Points will be awarded in the following categories and values:

Skater Category	Value
Plus/Minus (+/-)	0.25
Assists (A)	3.5
Blocks (Blk)	0.25
Faceoffs Won (FOW)	0.1
Goals (G)	6
Hits (Hit)	0.25
Penalty Minutes (PIM)	-0.125
Points (Pt)	0.5
Power Play Points (PPP)	1
Shots on Goal (SOG)	0.25
Short-Handed Points (SHP)	2

Goalie Category	Value
Goals Against (GA)	-4.75
Games Started (GS)	10
Saves (SV)	0.35
Shutouts (SHO)	3
Wins (W)	0.5

6.2. Scoring Suggestions

Any owner can provide scoring suggestions by submitting a proposal to the Commissioner and Co-Commissioners. All proposals will be reviewed by the Commissioner and Co-Commissioners during the offseason. Any changes to scoring categories and/or values will only be implemented before the draft.