

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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206-527-4444

MIXED 5x5 - 10 TEAM LEAGUE

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5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These combined AL/NL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

37 Jose Ramirez 3B
 35 Trea Turner SS
 34 Aaron Judge OF
 30 Gerrit Cole SP
 29 Julio Rodriguez OF
 29 Corbin Burnes SP
 28 Ronald Acuna OF
 28 Kyle Tucker OF
 28 Bo Bichette SS
 28 Yordan Alvarez OF
 27 Shohei Ohtani DH
 27 Freddie Freeman 1B
 27 Daulton Varsho #OF C
 27 Manny Machado 3B
 26 Mike Trout OF
 25 Mookie Betts OF
 25 Pete Alonso 1B
 25 J.T. Realmuto C
 25 Juan Soto OF
 24 Vladimir Guerrero Jr. 1B
 24 Paul Goldschmidt 1B
 24 Fernando Tatis Jr. SS
 24 Bobby Witt #3B SS
 24 Will Smith C
 23 Matt Olson 1B
 23 Aaron Nola SP
 23 Rafael Devers 3B
 21 Michael Harris OF
 21 Kevin Gausman SP
 21 Dylan Cease SP
 21 Francisco Lindor SS
 20 Kyle Schwarber OF
 20 Brandon Woodruff SP
 20 Zack Wheeler SP
 20 Austin Riley 3B
 20 M.J. Melendez #OF C
 19 Shane McCannahan SP
 19 Emmanuel Clase RP
 19 Shane Bieber SP
 19 Alec Manoah SP
 19 Max Scherzer SP
 19 Adolis Garcia OF
 19 Marcus Semien 2B
 18 Salvador Perez C
 18 Corey Seager SS
 18 Max Fried SP
 18 Julio Urias SP
 18 Dansby Swanson SS
 18 Devin Williams RP
 17 George Springer OF
 17 Justin Verlander SP
 17 Shohei Ohtani SP
 17 Oneil Cruz SS
 17 Yu Darvish SP
 17 Cedric Mullins OF
 17 Randy Arozarena OF
 17 Luis Castillo SP
 17 Luis Robert OF
 16 Zac Gallen SP
 16 Teoscar Hernandez OF
 16 Ozzie Albies 2B
 16 Framber Valdez SP
 16 Logan Webb SP
 16 Jordan Romano RP
 16 Jazz Chisholm 2B

First Basemen

27 Freddie Freeman LAD
 25 Pete Alonso NYM
 24 Vladimir Guerrero Jr. TOR
 24 Paul Goldschmidt STL
 23 Matt Olson ATL
 12 Ryan Mountcastle BAL
 11 Jose Abreu HOU
 10 C.J. Cron COL
 9 Christian Walker ARZ
 9 Rhys Hoskins PHI
 9 Vinnie Pasquantino KC
 9 Nate Lowe TEX
 7 Rowdy Tellez MIL
 7 Ty France SEA
 6 Josh Bell CLE
 6 Anthony Rizzo NYY
 5 Triston Casas BOS
 3 Jose Miranda #3B MIN
 2 Luis Arraez #2B MIA
 -1 Miguel Vargas LAD
 -1 Joey Meneses #OF WAS
 -2 Spencer Torkelson DET
 -4 Carlos Santana PIT
 -4 Josh Naylor CLE

Second Basemen

19 Marcus Semien TEX
 16 Ozzie Albies ATL
 16 Jazz Chisholm MIA
 14 Tommy Edman #SS STL
 13 Andres Gimenez CLE
 12 Brandon Lowe TB
 11 Gleyber Torres NYY
 10 Jake Cronenworth #1B SD
 8 Jose Altuve HOU
 7 Vaughn Grissom ATL
 6 Thairo Estrada #SS SF
 4 Jorge Polanco MIN
 3 Jonathan India CIN
 3 Whit Merrifield #OF TOR
 2 Jeff McNeil #OF NYM
 2 Ketel Marte ARZ
 -0 Jean Segura MIA
 -3 Kolten Wong SEA
 -6 Adam Frazier #OF BAL
 -6 Wilmer Flores #1B,3B SF
 -6 Jonathan Schoop DET

Third Basemen

37 Jose Ramirez CLE
 27 Manny Machado SD
 23 Rafael Devers BOS
 20 Austin Riley ATL
 13 Nolan Arenado STL
 12 Alex Bregman HOU
 10 Eugenio Suarez SEA
 10 Gunnar Henderson BAL
 9 Matt Chapman TOR
 8 Josh Rojas #2B ARZ
 5 Ke'Bryan Hayes PIT
 5 Max Muncy #2B LAD
 4 Alec Bohm PHI
 3 Justin Turner BOS
 2 Josh Jung TEX
 1 D.J. LeMahieu #1B,2B NY
 1 Yandy Diaz TB
 0 Ryan McMahon COL
 -0 Jeimer Candelario WAS
 -0 Brett Baty NYM
 -1 Brandon Drury #1B,2B LAA
 -1 Gio Urshela LAA
 -2 Anthony Rendon LAA

Shortstops

35 Trea Turner PHI
 28 Bo Bichette TOR
 24 Fernando Tatis Jr. SD
 24 Bobby Witt #3B KC
 21 Francisco Lindor NYM
 18 Corey Seager TEX
 18 Dansby Swanson CHC
 17 Oneil Cruz PIT
 12 Xander Bogaerts SD
 12 Willy Adames MIL
 11 Tim Anderson CHW
 11 Wander Franco TB
 10 Javier Baez DET
 10 Amed Rosario CLE
 9 Jeremy Pena HOU
 8 Carlos Correa MIN
 8 CJ Abrams WAS
 5 Nico Hoerner CHC
 4 Adalberto Mondesi BOS
 -0 Luis Garcia #2B WAS
 -1 Bryson Stott #2B PHI
 -2 Elvis Andrus CHW
 -2 Oswald Peraza NYY
 -3 Ezequiel Tovar COL
 -3 Jorge Mateo BAL
 -4 Ha-Seong Kim #3B SD
 -6 Brandon Crawford SF

Catchers

27 Daulton Varsho #OF TOR
 25 J.T. Realmuto PHI
 24 Will Smith LAD
 20 M.J. Melendez #OF KC
 18 Salvador Perez KC
 15 Tyler Stephenson CIN
 15 Adley Rutschman BAL
 12 Sean Murphy ATL
 11 Willson Contreras STL
 11 William Contreras MIL
 10 Alejandro Kirk TOR
 10 Gabriel Moreno ARZ
 10 Danny Jansen TOR
 8 Keibert Ruiz WAS
 7 Mike Zunino CLE
 5 Cal Raleigh SEA
 5 Eric Haase DET
 4 Gary Sanchez FA
 4 Travis d'Arnaud ATL
 1 Christian Vazquez MIN
 0 Jonah Heim TEX
 -1 Austin Nola SD
 -1 Christian Bethancourt #1B TB
 -1 Logan O'Hoppe LAA
 -1 Yasmani Grandal CHW
 -2 Francisco Alvarez NYM
 -2 Elias Diaz COL
 -4 Jose Trevino NYY
 -5 Joey Bart SF
 -5 Nick Fortes MIA
 -5 Martin Maldonado HOU

Designated Hitters

27 Shohei Ohtani LAA
 7 J.D. Martinez LAD

Outfielders

34 Aaron Judge NYY
 29 Julio Rodriguez SEA
 28 Ronald Acuna ATL
 28 Kyle Tucker HOU
 28 Yordan Alvarez HOU
 26 Mike Trout LAA
 25 Mookie Betts LAD
 25 Juan Soto SD
 21 Michael Harris ATL
 20 Kyle Schwarber PHI
 19 Adolis Garcia TEX
 17 George Springer TOR
 17 Cedric Mullins BAL
 17 Randy Arozarena TB
 17 Luis Robert CHW
 16 Teoscar Hernandez SEA
 15 Corbin Carroll ARZ
 13 Anthony Santander BAL
 12 Tyler O'Neill STL
 11 Jake McCarthy ARZ
 10 Bryan Reynolds PIT
 10 Starling Marte NYM
 9 Wil Myers #1B CIN
 9 Eloy Jimenez CHW
 9 Kris Bryant COL
 8 Christian Yelich MIL
 8 Steven Kwan CLE
 8 Hunter Renfroe LAA
 6 Taylor Ward LAA
 6 Cody Bellinger CHC
 6 Ian Happ CHC
 6 Brandon Nimmo NYM
 6 Adam Duvall BOS
 6 Nick Castellanos PHI
 6 Seth Brown #1B OAK
 6 Masataka Yoshida BOS
 5 Byron Buxton MIN
 5 Seiya Suzuki CHC
 4 Austin Hays BAL
 3 Lars Nootbaar STL
 3 Harrison Bader NYY
 3 Giancarlo Stanton NYY
 2 Mitch Haniger SF
 2 Riley Greene DET
 2 Ramon Laureano OAK
 2 Alex Verdugo BOS
 1 Edward Olivares KC
 1 Lourdes Gurriel Jr. ARZ
 1 Mike Yastrzemski SF
 1 Trent Grisham SD
 0 Dylan Carlson STL
 0 Manuel Margot TB
 0 Andrew Vaughn CHW
 0 Mark Canha NYM
 0 Andrew McCutchen PIT
 -0 Andrew Benintendi CHW
 -0 Charlie Blackmon COL
 -0 Randal Grichuk COL
 -1 Austin Meadows DET
 -1 Oscar Gonzalez CLE
 -1 Kyle Stowers BAL
 -1 Trayce Thompson LAD
 -1 Jesse Winker MIL
 -2 Lane Thomas WAS
 -2 Michael Conforto SF
 -2 Marcell Ozuna ATL
 -3 Jake Fraley CIN
 -3 Tyrone Taylor MIL
 -3 Nick Gordon MIN
 -3 Avisail Garcia MIA
 -3 Joey Gallo MIA
 -3 Oscar Colas CHW

-3 Jurickson Profar COL
 -3 Alex Kirilloff MIN
 -3 Jose Siri TB
 -4 Chris Taylor LAD
 -4 Joc Pederson SF
 -5 Max Kepler MIN
 -5 Michael Brantley HOU
 -5 Brandon Marsh PHI
 -5 Enrique Hernandez BOS
 -5 Gavin Sheets CHW
 -6 Oswaldo Cabrera NYY
 -6 Esteury Ruiz OAK
 -6 Chas McCormick HOU
 -6 TJ Friedl CIN
 -6 Bubba Thompson TEX

Starting Pitchers

30 Gerrit Cole NYY
 29 Corbin Burnes MIL
 23 Aaron Nola PHI
 21 Kevin Gausman TOR
 21 Dylan Cease CHW
 20 Brandon Woodruff MIL
 20 Zack Wheeler PHI
 19 Shane McCannahan TB
 19 Shane Bieber CLE
 19 Alec Manoah TOR
 19 Max Scherzer NYM
 18 Max Fried ATL
 18 Julio Urias LAD
 18 Sandy Alcantara MIA
 17 Justin Verlander NYM
 17 Shohei Ohtani LAA
 17 Yu Darvish SD
 17 Luis Castillo SEA
 16 Zac Gallen ARZ
 16 Framber Valdez HOU
 16 Logan Webb SF
 15 Cristian Javier HOU
 14 Carlos Rodon NYY
 14 Triston McKenzie CLE
 14 Robbie Ray SEA
 14 Spencer Strider ATL
 13 Jacob deGrom TEX
 12 Joe Musgrove SD
 11 Logan Gilbert SEA
 10 Jordan Montgomery STL
 10 Nestor Cortes NYY
 10 Luis Garcia HOU
 10 Lucas Giolito CHW
 10 Pablo Lopez MIN
 10 Blake Snell SD
 10 Brady Singer KC
 9 Luis Severino NYY
 9 Chris Bassitt TOR
 9 Charlie Morton ATL
 7 Nick Lodolo CIN
 7 Lance Lynn CHW
 6 Kyle Wright ATL
 6 Jose Berrios TOR
 6 Alex Cobb SF
 6 Sean Manaea SF
 6 Merrill Kelly ARZ
 6 Chris Sale BOS
 5 Tony Gonsolin LAD
 5 Jesus Luzardo MIA
 5 Clayton Kershaw LAD
 5 Tyler Mahle MIN
 5 Freddy Peralta MIL
 4 George Kirby SEA
 4 Drew Rasmussen TB
 4 Joe Ryan MIN
 4 Tyler Glasnow TB

3 Miles Mikolas STL
 3 Hunter Greene CIN
 3 Nathan Eovaldi TEX
 3 Cal Quantrill CLE
 3 Jameson Taillon CHC
 3 Zach Efflin TB
 3 Adam Wainwright STL
 2 Sonny Gray MIN
 2 Jon Gray TEX
 2 Tyler Anderson LAA
 2 Garrett Whitlock BOS
 1 German Marquez COL
 1 Jose Urquidy HOU
 1 Patrick Sandoval LAA
 1 Ranger Suarez PHI
 1 Carlos Carrasco NYM
 1 Jack Flaherty STL
 1 Corey Kluber BOS
 1 Andrew Heaney TEX
 0 Dustin May LAD
 0 Taijuan Walker PHI
 0 Marcus Stroman CHC
 -0 Kenta Maeda MIN
 -0 Aaron Civale CLE
 -0 Martin Perez TEX
 -0 Eric Lauer MIL
 -0 Nick Pivetta BOS
 -1 Michael Kopech CHW
 -1 Lance McCullers HOU
 -1 Justin Steele CHC
 -1 Jeffrey Springs TB
 -2 Cole Irvin BAL
 -2 Domingo German NYY
 -2 Eduardo Rodriguez DET
 -2 Reid Detmers LAA
 -2 Kodai Senga NYM
 -3 Ross Spirling SF
 -3 Marco Gonzales SEA
 -4 Alex Wood SF
 -4 Noah Syndergaard LAD
 -4 Hunter Brown HOU
 -4 Trevor Rogers MIA
 -4 JT Brubaker PIT
 -4 Aaron Ashby MIL
 -5 Michael Wacha SD

Relief Pitchers

19 Emmanuel Clase CLE
 18 Devin Williams MIL
 16 Jordan Romano TOR
 15 Raisel Iglesias ATL
 15 Josh Hader SD
 13 Ryan Pressly HOU
 11 Felix Bautista BAL
 10 Camilo Doval SF
 9 Kenley Jansen BOS
 8 Clay Holmes NYY
 7 Daniel Bard COL
 7 Ryan Helsley STL
 5 Scott Barlow KC
 5 David Robertson NYM
 3 Paul Sewald SEA
 3 Alexis Diaz CIN
 2 David Bednar PIT
 1 Daniel Hudson LAD
 1 Craig Kimbrel PHI
 1 Peter Fairbanks TB
 -0 Kendall Graveman CHW
 -0 Evan Phillips LAD
 -1 Kyle Finnegan WAS
 -1 Dylan Floro MIA
 -2 Jason Adam TB
 -4 Andres Munoz SEA

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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MIXED 4x4 - 10 TEAM LEAGUE

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4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These combined AL/NL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

40 Jose Ramirez 3B
37 Trea Turner SS
35 Aaron Judge OF
34 Kyle Tucker OF
33 Emmanuel Clase RP
31 Julio Rodríguez OF
30 Shohei Ohtani DH
29 Bo Bichette SS
29 Yordan Alvarez OF
29 Ronald Acuna OF
28 Devin Williams RP
28 Manny Machado 3B
27 Pete Alonso 1B
27 Jordan Romano RP
27 Raisel Iglesias RP
27 Mike Trout OF
27 Bobby Witt #3B SS
26 Daulton Varsho #OF C
26 Fernando Tatis Jr. SS
26 Josh Hader RP
25 Ryan Pressly RP
25 J.T. Realmuto C
25 Vladimir Guerrero Jr. 1B
25 Freddie Freeman 1B
24 Matt Olson 1B
24 Rafael Devers 3B
24 Paul Goldschmidt 1B
23 Michael Harris OF
23 Will Smith C
23 Juan Soto OF
23 Corbin Burnes SP
21 Gerrit Cole SP
21 Adolis Garcia OF
21 Felix Bautista RP
21 Mookie Betts OF
21 Salvador Perez C
21 Austin Riley 3B
19 Kyle Schwarber OF
19 Camilo Doval RP
19 Kenley Jansen RP
19 Francisco Lindor SS
19 Luis Robert OF
18 Teoscar Hernandez OF
18 Clay Holmes RP
18 M.J. Melendez #OF C
18 Oneil Cruz SS
18 Randy Arozarena OF
17 Marcus Semien 2B
17 Cedric Mullins OF
17 Daniel Bard RP
17 Corey Seager SS
17 Zack Wheeler SP
17 Max Fried SP
17 Jazz Chisholm 2B
17 Aaron Nola SP
17 Alek Manoah SP
17 Dansby Swanson SS
16 George Springer OF
16 Justin Verlander SP
16 Andres Gimenez 2B
16 Max Scherzer SP
16 Ozzie Albies 2B
16 Shane Bieber SP
16 Julio Urias SP
16 Ryan Helsley RP
16 Kevin Gausman SP

First Basemen

27 Pete Alonso NYM
25 Vladimir Guerrero Jr. TOR
25 Freddie Freeman LAD
24 Matt Olson ATL
24 Paul Goldschmidt STL
14 Ryan Mountcastle BAL
13 C.J. Cron COL
12 Jose Abreu HOU
11 Vinnie Pasquantino KC
9 Nate Lowe TEX
8 Rowdy Tellez MIL
8 Christian Walker ARZ
8 Rhys Hoskins PHI
6 Ty France SEA
6 Anthony Rizzo NYY
5 Josh Bell CLE
5 Jose Miranda #3B MIN
3 Triston Casas BOS
1 Joey Meneses #OF WAS
0 Miguel Vargas LAD
-2 Josh Naylor CLE
-3 Luis Arraez #2B MIA
-4 Spencer Torkelson DET
-4 Carlos Santana PIT
-5 Jesus Aguilar OAK
-5 Jared Walsh LAA
-5 Eric Hosmer CHC

Second Basemen

17 Marcus Semien TEX
17 Jazz Chisholm MIA
16 Andres Gimenez CLE
16 Ozzie Albies ATL
12 Gleyber Torres NYY
11 Tommy Edman #SS STL
11 Brandon Lowe TB
8 Vaughn Grissom ATL
6 Thairo Estrada #SS SF
6 Jose Altuve HOU
5 Jake Cronenworth #1B SD
3 Jorge Polanco MIN
3 Whit Merrifield #OF TOR
1 Jonathan India CIN
1 Ketel Marte ARZ
0 Jeff McNeil #OF NYM
-1 Jean Segura MIA
-4 Kolten Wong SEA

Third Basemen

40 Jose Ramirez CLE
28 Manny Machado SD
24 Rafael Devers BOS
21 Austin Riley ATL
15 Nolan Arenado STL
10 Gunnar Henderson BAL
10 Eugenio Suarez SEA
9 Alex Bregman HOU
8 Josh Rojas #2B ARZ
7 Matt Chapman TOR
5 Josh Jung TEX
5 Ke'Bryan Hayes PIT
3 Justin Turner BOS
3 Alec Bohm PHI
3 Max Muncy #2B LAD
1 Ryan McMahon COL
0 Gio Urshela LAA
0 Anthony Rendon LAA
-1 Jeimer Candelario WAS
-1 Brett Baty NYM
-2 Brandon Drury #1B,2B LAA
-2 Yandy Diaz TB
-2 Jordan Walker STL

-2 D.J. LeMahieu #1B,2B NYY
-3 Yoan Moncada CHW
-3 Josh Donaldson NYY
-5 Joey Wendle #1B,SS MIA
-5 Luis Urias #2B,SS MIL
-5 Patrick Wisdom CHC

Shortstops

36 Trea Turner PHI
29 Bo Bichette TOR
27 Bobby Witt #3B KC
17 Francisco Lindor NYM
18 Oneil Cruz PIT
17 Corey Seager TEX
17 Dansby Swanson CHC
12 Xander Bogaerts SD
11 Willy Adames MIL
11 Javier Baez DET
10 Tim Anderson CHW
9 Adalberto Mondesi BOS
9 Wander Franco TB
8 Jeremy Pena HOU
8 Amed Rosario CLE
7 Carlos Correa MIN
7 Nico Hoerner CHC
6 CJ Abrams WAS
0 Luis Garcia #2B WAS
0 Oswald Peraza NYY
-1 Jorge Mateo BAL
-1 Elvis Andrus CHW
-2 Bryson Stott #2B PHI
-2 Ezequiel Tovar COL
-3 Ha-Seong Kim #3B SD

Catchers

26 Daulton Varsho #OF TOR
25 J.T. Realmuto PHI
23 Will Smith LAD
21 Salvador Perez KC
18 M.J. Melendez #OF KC
13 Tyler Stephenson CIN
11 Adley Rutschman BAL
11 Mitch Haniger SF
10 Masataka Yoshida BOS
1 Trayce Thompson LAD
1 Charlie Blackmon COL
1 Ramon Laureano OAK
1 Austin Meadows DET
0 Jake Fraley CIN
0 Andrew Vaughn CHW
-0 Alex Verdugo BOS
-0 Marcell Ozuna ATL
-0 Nick Gordon MIN
-0 Riley Greene DET
-1 Alex Kirilloff MIN
-1 Trent Grisham SD
-1 Andrew McCutchen PIT
-1 Brandon Nimmo NYM
-1 Avisail Garcia MIA
-1 Tyrone Taylor MIL
-2 Jesse Winker MIL
-2 Dylan Carlson STL
-2 Gavin Sheets CHW
-2 Oswaldo Cabrera NYY
-2 Lane Thomas WAS
-3 Mike Yastrzemski SF
-3 Bubba Thompson TEX
-3 Esteury Ruiz OAK
-3 Joc Pederson SF
-3 Michael Conforto SF
-4 Jose Siri TB
-4 Mark Canha NYM

Designated Hitters

30 Shohei Ohtani LAA
6 J.D. Martinez LAD
35 Aaron Judge NYY
34 Kyle Tucker HOU
31 Julio Rodriguez SEA
29 Yordan Alvarez HOU

Outfielders

29 Ronald Acuna ATL
27 Mike Trout LAA
23 Michael Harris ATL
23 Juan Soto SD
21 Adolis Garcia TEX
21 Mookie Betts LAD
19 Kyle Schwarber PHI
19 Luis Robert CHW
18 Teoscar Hernandez SEA
18 Randy Arozarena TB
17 Cedric Mullins BAL
16 George Springer TOR
15 Corbin Carroll ARZ
14 Anthony Santander BAL
13 Jake McCarthy ARZ
13 Eloy Jimenez CHW
12 Tyler O'Neill STL
12 Wil Myers #1B CIN
10 Starling Marte NYM
10 Bryan Reynolds PIT
9 Hunter Renfroe LAA
7 Seth Brown #1B OAK
7 Adam Duvall BOS
7 Byron Buxton MIN
6 Giancarlo Stanton NYY
6 Kris Bryant COL
6 Nick Castellanos PHI
6 Seiya Suzuki CHC
5 Cody Bellinger CHC
5 Ian Happ CHC
5 Taylor Ward LAA
4 Steven Kwan CLE
3 Lourdes Gurriel Jr. ARZ
3 Austin Hays BAL
2 Harrison Bader NYY
2 Kyle Stowers BAL
2 Lars Nootbaar STL
2 Edward Olivares KC
2 Manuel Margot TB
2 Andrew Benintendi CHW
2 Christian Yelich MIL
1 Oscar Gonzalez CLE
1 Randal Grichuk COL
1 Mitch Haniger SF
1 Masataka Yoshida BOS
1 Trayce Thompson LAD
1 Charlie Blackmon COL
1 Ramon Laureano OAK
1 Austin Meadows DET
0 Jake Fraley CIN
0 Andrew Vaughn CHW
-0 Alex Verdugo BOS
-0 Marcell Ozuna ATL
-0 Nick Gordon MIN
-0 Riley Greene DET
-1 Alex Kirilloff MIN
-1 Trent Grisham SD
-1 Andrew McCutchen PIT
-1 Brandon Nimmo NYM
-1 Avisail Garcia MIA
-1 Tyrone Taylor MIL
-2 Jesse Winker MIL
-2 Dylan Carlson STL
-2 Gavin Sheets CHW
-2 Oswaldo Cabrera NYY
-2 Lane Thomas WAS
-3 Mike Yastrzemski SF
-3 Bubba Thompson TEX
-3 Esteury Ruiz OAK
-3 Joc Pederson SF
-3 Michael Conforto SF
-4 Jose Siri TB
-4 Mark Canha NYM

-4 Juan Ypez STL
-4 Garrett Mitchell MIL
-4 Eddie Rosario ATL
-4 Chris Taylor LAD
-4 A.J. Pollock SEA
-4 Michael Brantley HOU
-5 Oscar Colas CHW
-5 Jurickson Profar COL

Starting Pitchers

23 Corbin Burnes MIL
21 Gerrit Cole NYY
17 Zack Wheeler PHI
17 Max Fried ATL
17 Aaron Nola PHI
17 Alek Manoah TOR
16 Justin Verlander NYM
16 Max Scherzer NYM
16 Shane Bieber CLE
16 Julio Urias LAD
16 Kevin Gausman TOR
15 Shane McCannahan TB
15 Brandon Woodruff MIL
15 Sandy Alcantara MIA
14 Logan Webb SF
13 Zac Gallen ARZ
13 Framber Valdez HOU
13 Shohei Ohtani LAA
12 Yu Darvish SD
12 Carlos Rodon NYY
12 Jacob deGrom TEX
12 Dylan Cease CHW
12 Luis Castillo SEA
10 Cristian Javier HOU
9 Triston McKenzie CLE
9 Joe Musgrove SD
9 Jordan Montgomery STL
8 Luis Severino NYY
8 Logan Gilbert SEA
8 Chris Bassitt TOR
8 Nestor Cortes NYY
7 Pablo Lopez MIN
6 Clayton Kershaw LAD
6 Luis Garcia HOU
6 Spencer Strider ATL
6 Tony Gonsolin LAD
5 Brady Singer KC
5 Robbie Ray SEA
4 Charlie Morton ATL
4 Alex Cobb SF
4 Drew Rasmussen TB
3 George Kirby SEA
3 Lance Lynn CHW
3 Freddy Peralta MIL
3 Miles Mikolas STL
3 Blake Snell SD
3 Kyle Wright ATL
3 Merrill Kelly ARZ
3 Cal Quantrill CLE
3 Lucas Giolito CHW
3 Adam Wainwright STL
2 Garrett Whitlock BOS
2 Tyler Anderson LAA
2 Nick Lodolo CIN
2 Jose Berrios TOR
2 Zach Eflin TB
2 Chris Sale BOS
2 Tyler Glasnow TB
1 Tyler Mahle MIN
1 Sonny Gray MIN
1 Joe Ryan MIN
1 Jesus Luzardo MIA
1 Jose Urquidy HOU

Relief Pitchers

33 Emmanuel Clase CLE
28 Devin Williams MIL
27 Jordan Romano TOR
27 Raisel Iglesias ATL
26 Josh Hader SD
25 Ryan Pressly HOU
21 Felix Bautista BAL
19 Camilo Doval SF
19 Kenley Jansen BOS
18 Clay Holmes NYY
17 Daniel Bard COL
16 Ryan Helsley STL
13 Scott Barlow KC
13 David Robertson NYM
11 David Bednar PIT
10 Paul Sewald SEA
10 Alexis Diaz CIN
9 Daniel Hudson LAD
9 Peter Fairbanks TB
8 Dylan Floro MIA
8 Kendall Graveman CHW
7 Craig Kimbrel PHI
7 Evan Phillips LAD
6 Kyle Finnegan WAS
3 Jason Adam TB
2 Andres Munoz SEA
1 Giovanni Gallegos STL
1 Jose Leclerc TEX
1 Jorge Lopez MIN
0 Carlos Estevez LAA
0 Alex Lange DET
-1 Trevor May OAK
-2 Jhoan Duran MIN

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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MIXED 5x5 - 12 TEAM LEAGUE

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#played 20 or more games at more than one position in 2022

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32 Julio Rodriguez	OF
32 Ronald Acuna	OF
31 Kyle Tucker	OF
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29 Shohei Ohtani	DH
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29 Corbin Burnes	SP
29 Freddie Freeman	1B
29 Daulton Varsho #OF	C
29 Yordan Alvarez	OF
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27 Mike Trout	OF
27 Mookie Betts	OF
27 Bobby Witt #3B	SS
27 Juan Soto	OF
27 J.T. Realmuto	C
26 Fernando Tatis Jr.	SS
26 Pete Alonso	1B
26 Vladimir Guerrero Jr.	1B
26 Paul Goldschmidt	1B
25 Will Smith	C
24 Matt Olson	1B
24 Rafael Devers	3B
24 Michael Harris	OF
23 Emmanuel Clase	RP
23 Aaron Nola	SP
23 Francisco Lindor	SS
22 Kyle Schwarber	OF
22 Devin Williams	OF
21 Adolis Garcia	RF
21 Austin Riley	3B
21 Kevin Gausman	SP
21 Marcus Semien	2B
21 Brandon Woodruff	SP
21 Zack Wheeler	SP
21 Dylan Cease	SP
21 M.J. Melendez #OF	C
20 Cedric Mullins	OF
20 Max Scherzer	SP
20 Shane McClellan	SP
20 Oneil Cruz	SS
20 Jordan Romano	RP
20 Randy Arozarena	OF
19 Dansby Swanson	SS
19 Shane Bieber	SP
19 Raisel Iglesias	RP
19 Alek Manoah	SP

First Basemen

29 Freddie Freeman	LAD
26 Pete Alonso	NYM
26 Vladimir Guerrero Jr.	TOR
26 Paul Goldschmidt	STL
24 Matt Olson	ATL
13 Ryan Mountcastle	BAL
13 Jose Abreu	HOU
12 C.J. Cron	COL
11 Vinnie Pasquantino	KC
11 Christian Walker	ARZ
11 Rhys Hoskins	PHI
11 Nate Lowe	TEX
9 Rowdy Tellez	MIL

8 Ty France	SEA
8 Anthony Rizzo	NYM
8 Josh Bell	CLE
7 Triston Casas	BOS
5 Jose Miranda #3B	MIN
4 Luis Arraez #2B	MIA
2 Miguel Vargas	LAD
1 Joey Meneses #OF	WAS
0 Spencer Torkelson	DET
-1 Josh Naylor	CLE
-2 Carlos Santana	PIT

Second Basemen

21 Marcus Semien	TEX
18 Jazz Chisholm	MIA
18 Ozzie Albies	ATL
17 Tommy Edman #SS	STL
16 Andres Gimenez	CLE
14 Brandon Lowe	TB
13 Gleyber Torres	NYM
12 Jake Cronenworth #1B	SD
10 Jose Altuve	HOU
10 Vaughn Grissom	ATL
9 Thairo Estrada #SS	SF
6 Whit Merrifield #OF	TOR
6 Jonathan India	CIN
6 Jorge Polanco	MIN
4 Ketel Marte	ARZ
4 Jeff McNeil #OF	NYM
2 Jean Segura	MIA
-0 Kolten Wong	SEA
-3 Adam Frazier #OF	BAL
-4 Wilmer Flores #1B,3B	SF
-4 Jonathan Schoop	DET
-4 Tony Kemp #OF	OAK

Third Basemen

39 Jose Ramirez	CLE
28 Manny Machado	SD
24 Rafael Devers	BOS
21 Austin Riley	ATL
14 Nolan Arenado	STL
13 Alex Bregman	HOU
12 Gunnar Henderson	BAL
12 Eugenio Suarez	SEA
11 Josh Rojas #2B	ARZ
11 Matt Chapman	TOR
8 Ke'Bryan Hayes	PIT
6 Max Muncy #2B	LAD
6 Alec Bohm	PHI
5 Justin Turner	BOS
4 Josh Jung	TEX
3 D.J. LeMahieu #1B,2B	NYM
3 Yandy Diaz	TB
3 Ryan McMahon	COL
2 Jeimer Candelario	WAS
2 Brett Baty	NYM
1 Gio Urshela	LAA
1 Brandon Drury #1B,2B	LAA
0 Anthony Rendon	LAA
0 Yoan Moncada	CHW
-0 Josh Donaldson	NYM
-0 Jordan Walker	STL
-1 Luis Urias #2B,SS	MIL
-2 Joey Wendle #1B,SS	MIA
-3 Spencer Steer	CIN
-4 Patrick Wisdom	CHC

Shortstops

38 Trea Turner	PHI
30 Bo Bichette	TOR
27 Bobby Witt #3B	KC
26 Fernando Tatis Jr.	SD

23 Francisco Lindor	NYM
20 Oneil Cruz	PIT
19 Dansby Swanson	CHC
19 Corey Seager	TEX
14 Xander Bogaerts	SD
14 Tim Anderson	CHW
14 Willy Adames	MIL
13 Wander Franco	TB
12 Javier Baez	DET
12 Amed Rosario	CLE
11 Jeremy Pena	HOU
11 CJ Abrams	WAS
10 Carlos Correa	MIN
9 Nico Hoerner	CHC
8 Adalberto Mondesi	BOS
2 Luis Garcia #2B	WAS
1 Bryson Stott #2B	PHI
1 Elvis Andrus	CHW
1 Oswald Peraza	NYM
0 Jorge Mateo	BAL
-0 Ezequiel Tovar	COL
-2 Ha-Seong Kim #3B	SD
-3 Brandon Crawford	SF
-4 J.P. Crawford	SEA

Catchers

29 Daulton Varsho #OF	TOR
27 J.T. Realmuto	PHI
25 Will Smith	LAD
21 M.J. Melendez #OF	KC
19 Salvador Perez	KC
16 Tyler Stephenson	CIN
16 Adeley Rutschman	BAL
13 Sean Murphy	ATL
12 Willson Contreras	STL
12 William Contreras	MIL
12 Alejandro Kirk	TOR
12 Gabriel Moreno	ARZ
11 Danny Jansen	TOR
9 Keibert Ruiz	WAS
8 Mike Zunino	CLE
7 Cal Raleigh	SEA
6 Eric Haase	DET
6 Gary Sanchez	FA
5 Travis d'Arnaud	ATL
3 Christian Vazquez	MIN
2 Jonah Heim	TEX
1 Austin Nola	SD
1 Christian Bethancourt #1B	TB
1 Logan O'Hoppe	LAA
1 Yasmani Grandal	CHW
-0 Francisco Alvarez	NYM
-1 Elias Diaz	COL
-2 Jose Trevino	NYM
-3 Jose Bart	SF
-3 Nick Fortes	MIA

Designated Hitters

29 Shohei Ohtani	LAA
9 J.D. Martinez	LAD

Outfielders

35 Aaron Judge	NYM
32 Julio Rodriguez	SEA
32 Ronald Acuna	ATL
31 Kyle Tucker	HOU
29 Yordan Alvarez	HOU
27 Mike Trout	LAA
27 Mookie Betts	LAD
27 Juan Soto	SD
24 Michael Harris	ATL
22 Kyle Schwarber	PHI
21 Adolis Garcia	TEX

20 Cedric Mullins	BAL
20 Randy Arozarena	TB
19 George Springer	TOR
19 Luis Robert	CHW
18 Teoscar Hernandez	SEA
18 Corbin Carroll	ARZ
15 Anthony Santander	BAL
14 Jake McCarthy	ARZ
14 Tyler O'Neill	STL
12 Starling Marte	NYM
12 Bryan Reynolds	PIT
11 Wil Myers #1B	CIN
11 Eloy Jimenez	CHW
11 Kris Bryant	COL
10 Christian Yelich	MIL
10 Steven Kwan	CLE
9 Hunter Renfroe	LAA
8 Taylor Ward	LAA
8 Cody Bellinger	CHC
8 Ian Happ	CHC
8 Byron Buxton	MIN
8 Seth Brown #1B	OAK
8 Brandon Nimmo	NYM
8 Nick Castellanos	PHI
8 Seiya Suzuki	CHC
7 Adam Duvall	BOS
7 Masataka Yoshida	BOS
6 Austin Hays	BAL
6 Lars Nootbaar	STL
5 Harrison Bader	NYM
5 Ramon Laureano	OAK
4 Giancarlo Stanton	NYM
4 Riley Greene	DET
4 Edward Olivares	KC
4 Mitch Haniger	SF
4 Alex Verdugo	BOS
3 Manuel Margot	TB
3 Lourdes Gurriel Jr.	ARZ
3 Trent Grisham	SD
3 Dylan Carlson	STL
3 Mike Yastrzemski	SF
2 Andrew Benintendi	CHW
2 Andrew Vaughn	CHW
2 Andrew McCutchen	PIT
2 Mark Canha	NYM
2 Charlie Blackmon	COL
2 Austin Meadows	DET
2 Randall Grichuk	COL
1 Oscar Gonzalez	CLE
1 Kyle Stowers	BAL
1 Lane Thomas	WAS
1 Trayce Thompson	LAD
1 Jesse Winker	MIL
0 Jake Fraley	CIN
0 Nick Gordon	MIN
0 Michael Conforto	SF
-0 Marcell Ozuna	ATL
-0 Jose Siri	TB
-1 Tyrone Taylor	MIL
-1 Avisail Garcia	MIA
-1 Jurickson Profar	COL
-1 Alex Kiriloff	MIN
-1 Chris Taylor	LAD
-1 Oscar Colas	CHW
-1 Joey Gallo	MIN
-2 Esteury Ruiz	OAK
-2 Brandon Marsh	PHI
-2 Bubba Thompson	TEX
-2 Joc Pederson	SF
-2 Michael Brantley	HOU
-2 Max Kepler	MIN
-3 Oswaldo Cabrera	NYM
-3 TJ Friedl	CIN

-3 Enrique Hernandez	BOS
-3 Myles Straw	CLE
-3 Garrett Mitchell	MIL
-3 Gavin Sheets	CHW
-3 Chas McCormick	HOU
-3 A.J. Pollock	SEA

Starting Pitchers

29 Gerrit Cole	NYM
29 Corbin Burnes	MIL
23 Aaron Nola	PHI
21 Kevin Gausman	TOR
21 Brandon Woodruff	MIL
21 Zack Wheeler	PHI
21 Dylan Cease	CHW
20 Max Scherzer	NYM
20 Shane McClellan	TB
19 Shane Bieber	CLE
19 Alek Manoah	TOR
18 Justin Verlander	NYM
18 Shohei Ohtani	LAA
18 Julio Urias	LAD
18 Max Fried	ATL
18 Sandy Alcantara	MIA
18 Yu Darvish	SD
17 Luis Castillo	SEA
17 Zac Gallen	ARZ
16 Framber Valdez	HOU
16 Logan Webb	SF
16 Cristian Javier	HOU
16 Carlos Rodon	NYM
15 Jacob deGrom	TEX
15 Spencer Strider	ATL
14 Triston McKenzie	CLE
14 Robbie Ray	SEA
13 Joe Musgrove	SD
12 Logan Gilbert	SEA
11 Jordan Montgomery	STL
11 Nestor Cortes	NYM
11 Luis Severino	NYM
11 Pablo Lopez	MIN
11 Blake Snell	SD
11 Luis Garcia	HOU

3 Jon Gray	TEX
3 Adam Wainwright	STL
3 Patrick Sandoval	LAA
3 Jose Urquidy	HOU
2 Ranger Suarez	PHI
2 Jack Flaherty	STL
2 Andrew Heaney	TEX
2 Carlos Carrasco	NYM
2 German Marquez	COL
2 Dustin May	LAD
2 Corey Kluber	BOS
2 Kenta Maeda	MIN
2 Marcus Stroman	CHC
1 Taijuan Walker	PHI
1 Aaron Civale	CLE
1 Lance McCullers	HOU
1 Eric Lauer	MIL
1 Michael Kopech	CHW
1 Justin Steele	CHC
1 Jeffrey Springs	TB
0 Martin Perez	TEX
0 Nick Pivetta	BOS
-0 Domingo German	NYM
-1 Reid Detmers	LAA
-1 Eduardo Rodriguez	DET
-1 Kodai Senga	NYM
-1 Ross Stripling	SF
-1 Alex Wood	SF
-1 Cole Irvin	BAL
-2 Noah Syndergaard	LAD
-2 Aaron Ashby	MIL
-2 Hunter Brown	HOU
-2 Trevor Rogers	MIA
-2 Marco Gonzales	SEA
-3 Michael Wacha	SD
-3 JT Brubaker	PIT
-3 Anthony DeSclafani	SF
-4 Nick Martinez	SD
-4 Zach Plesac	CLE
-4 David Peterson	NYM
-4 Matthew Boyd	DET
-4 Mike Clevinger	CHW

Relief Pitchers

23 Emmanuel Clase	CLE
22 Devin Williams	MIL
20 Jordan Romano	TOR
19 Raisel Iglesias	ATL
19 Josh Hader	SD
18 Ryan Pressly	HOU
15 Felix Bautista	BAL
14 Camilo Doval	SF
13 Kenley Jansen	BOS
12 Clay Holmes	NYM
11 Daniel Bard	COL
11 Ryan Helsley	STL
9 Scott Barlow	KC
9 David Robertson	NYM
7 Paul Sewald	SEA
7 Alexis Diaz	CIN
7 David Bednar	PIT
6 Daniel Hudson	LAD
5 Craig Kimbrel	PHI
5 Peter Fairbanks	TB
4 Kendall Graveman	CHW
4 Evan Phillips	LAD
3 Kyle Finnegan	WAS
3 Dylan Floro	MIA
2 Jason Adam	TB
1 Andres Munoz	SEA
-0 Giovanni Gallegos	STL
-1 Alex Lange	DET
-2 Jose Leclerc	TEX

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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MIXED 4x4 - 12 TEAM LEAGUE

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5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These combined AL/NL dollar values assume 12 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Our Top Picks

43 Jose Ramirez	3B
40 Trea Turner	SS
37 Aaron Judge	OF
37 Kyle Tucker	OF
35 Emmanuel Clase	RP
34 Julio Rodriguez	OF
32 Ronald Acuna	OF
32 Shohei Ohtani	DH
32 Bo Bichette	SS
30 Bobby Witt #3B	SS
30 Verdian Williams	RP
30 Yordan Alvarez	OF
29 Raisel Iglesias	RP
29 Jordan Romano	RP
29 Manny Machado	3B
28 Josh Hader	RP
28 Daulton Varsho #OF	C
28 Fernando Tatis Jr.	SS
28 Ryan Pressly	RP
28 Mike Trout	OF
28 Pete Alonso	1B
27 J.T. Realmuto	C
27 Freddie Freeman	1B
26 Michael Harris	OF
26 Vladimir Guerrero Jr.	1B
25 Rafael Devers	3B
25 Paul Goldschmidt	1B
25 Matt Olson	1B
24 Juan Soto	OF
24 Will Smith	C
24 Felix Bautista	RP
24 Adolis Garcia	OF
23 Mookie Betts	OF
22 Salvador Perez	C
22 Camilo Doval	RP
22 Kenley Jansen	RP
22 Austin Riley	3B
21 Corbin Burnes	SP
21 Clay Holmes	RP
21 Luis Robert	OF
21 Francisco Lindor	SS
21 Cedric Mullins	OF
21 Kyle Schwarber	OF
21 Randy Arozarena	OF
20 Oneil Cruz	SS
20 Daniel Bard	RP
20 Gerrit Cole	SP
20 Teoscar Hernandez	OF
20 Jazz Chisholm	2B
19 Marcus Semien	2B

First Basemen

28 Pete Alonso	NYM
27 Freddie Freeman	LAD
26 Vladimir Guerrero Jr.	TOR
25 Paul Goldschmidt	STL
25 Matt Olson	ATL
16 Ryan Mountcastle	BAL
14 C.J. Cron	COL
13 Jose Abreu	HOU
13 Vinnie Pasquantino	KC
10 Nate Lowe	TEX
10 Christian Walker	ARZ
10 Rowdy Tellez	MIL
9 Rhys Hoskins	PHI

8 Anthony Rizzo	NY
8 Ty France	SEA
7 Jose Miranda #3B	MIN
7 Josh Bell	CLE
5 Triston Casas	BOS
3 Joey Meneses #OF	WAS
3 Miguel Vargas	LAD
-0 Josh Naylor	CLE
-1 Luis Arraez #2B	MIA
-2 Spencer Torkelson	DET
-3 Carlos Santana	PIT
-3 Jesus Aguilar	OAK

Second Basemen

20 Jazz Chisholm	MIA
19 Marcus Semien	TEX
19 Andres Gimenez	CLE
18 Ozzie Albies	ATL
15 Tommy Edman #SS	STL
14 Gleyber Torres	NY
12 Brandon Lowe	TB
11 Vaughn Grissom	ATL
8 Thairo Estrada #SS	SF
8 Jose Altuve	HOU
7 Jake Cronenworth #1B	SD
6 Whit Merrifield #OF	TOR
5 Jorge Polanco	MIN
3 Jonathan India	CIN
3 Ketel Marte	ARZ
2 Jeff McNeil #OF	NYM
1 Jean Segura	MIA
-1 Kolten Wong	SEA

Third Basemen

43 Jose Ramirez	CLE
29 Manny Machado	SD
25 Rafael Devers	BOS
22 Austin Riley	ATL
16 Nolan Arenado	STL
13 Gunnar Henderson	BAL
11 Eugenio Suarez	SEA
11 Josh Rojas #2B	ARZ
11 Alex Bregman	HOU
9 Ke'Bryan Hayes	PIT
8 Matt Chapman	TOR
7 Josh Jung	TEX
5 Alec Bohm	PHI
4 Justin Turner	BOS
4 Max Muncy #2B	LAD
3 Ryan McMahon	COL
2 Gio Urshela	LAA
2 Anthony Rendon	LAA
1 Brett Baty	NYM
1 Jordan Walker	STL
1 Jeimer Candelario	WAS
0 Yandy Diaz	TB
-0 Brandon Drury #1B,2B	LAA
-0 D.J. LeMahieu #1B,2B	NY
-1 Yoan Moncada	CHW
-1 Josh Donaldson	NY
-2 Joey Wendle #1B,SS	MIA
-3 Luis Urias #2B,SS	MIL
-3 Patrick Wisdom	CHC

Shortstops

40 Trea Turner	PHI
32 Bo Bichette	TOR
30 Bobby Witt #3B	KC
28 Fernando Tatis Jr.	SD
21 Francisco Lindor	NYM
20 Oneil Cruz	PIT
19 Dansby Swanson	CHC
18 Corey Seager	TEX

14 Xander Bogaerts	SD
14 Adalberto Mondesi	BOS
13 Tim Anderson	CHW
13 Javier Baez	DET
12 Willy Adames	MIL
11 Wander Franco	TB
11 Amed Rosario	CLE
11 Jeremy Pena	HOU
10 Nico Hoerner	CHC
9 Carlos Correa	MIN
9 CJ Abrams	WAS
3 Oswald Peraza	NY
2 Luis Garcia #2B	WAS
2 Jorge Mateo	BAL
2 Elvis Andrus	CHW
1 Bryson Stott #2B	PHI
0 Ezequiel Tovar	COL
-1 Ha-Seong Kim #3B	SD

Catchers

28 Daulton Varsho #OF	TOR
27 J.T. Realmuto	PHI
24 Will Smith	LAD
22 Salvador Perez	KC
19 M.J. Melendez #OF	KC
14 Tyler Stephenson	CIN
13 Adley Rutschman	BAL
12 Alejandro Kirk	TOR
12 Gabriel Moreno	ARZ
12 William Contreras	MIL
11 Sean Murphy	ATL
10 William Contreras	STL
10 Keibert Ruiz	WAS
10 Danny Jansen	TOR
7 Cal Raleigh	SEA
7 Mike Zunino	CLE
7 Eric Haase	DET
5 Travis d'Arnaud	ATL
5 Gary Sanchez	FA
3 Christian Vazquez	MIN
3 Logan O'Hoppe	LAA
2 Jonah Heim	TEX
1 Christian Bethancourt #1B	TB
1 Yasmani Grandal	CHW
1 Austin Nola	SD
0 Francisco Alvarez	NYM
-0 Elias Diaz	COL
-1 Jose Alfaro	BOS
-2 Jose Trevino	NY

Designated Hitters

32 Shohei Ohtani	LAA
8 J.D. Martinez	LAD

Outfielders

37 Aaron Judge	NY
37 Kyle Tucker	HOU
34 Julio Rodriguez	SEA
32 Ronald Acuna	ATL
30 Yordan Alvarez	HOU
28 Mike Trout	LAA
26 Michael Harris	ATL
24 Juan Soto	SD
24 Adolis Garcia	TEX
23 Mookie Betts	LAD
21 Luis Robert	CHW
21 Cedric Mullins	BAL
21 Kyle Schwarber	PHI
21 Randy Arozarena	TB
20 Teoscar Hernandez	SEA
18 Corbin Carroll	ARZ
18 George Springer	TOR
17 Jake McCarthy	ARZ

15 Anthony Santander	BAL
15 Tyler O'Neill	STL
14 Eloy Jimenez	CHW
14 Wil Myers #1B	CIN
13 Starling Marte	NYM
11 Bryan Reynolds	PIT
10 Hunter Renfroe	LAA
10 Byron Buxton	MIN
9 Seth Brown #1B	OAK
9 Adam Duvall	BOS
8 Kris Bryant	COL
8 Seiya Suzuki	CHC
8 Nick Castellanos	PHI
8 Cody Bellinger	CHC
8 Giancarlo Stanton	NY
7 Ian Happ	CHC
7 Taylor Ward	LAA
7 Steven Kwan	CLE
5 Lourdes Gurriel Jr.	ARZ
5 Harrison Bader	NY
5 Edward Olives	KC
5 Manuel Margot	TB
5 Austin Hays	BAL
4 Christian Yelich	MIL
4 Lars Nootbaar	STL
4 Andrew Benintendi	CHW
4 Kyle Stowers	BAL
3 Ramon Laureano	OAK
3 Jake Fraley	CIN
3 Masataka Yoshida	BOS
3 Oscar Gonzalez	CLE
3 Mitch Haniger	SF
3 Randal Grichuk	COL
3 Trayce Thompson	LAD
3 Nick Gordon	MIN
3 Charlie Blackmon	COL
2 Austin Meadows	DET
2 Alex Verdugo	BOS
2 Riley Greene	DET
2 Marcell Ozuna	ATL
2 Andrew Vaughn	CHW
1 Trent Grisham	SD
1 Brandon Nimmo	NYM
1 Andrew McCutchen	PIT
1 Alex Kiriloff	MIN
1 Avisail Garcia	MIA
1 Bubba Thompson	TEX
1 Esteury Ruiz	OAK
0 Tyrone Taylor	MIL
0 Dylan Carlson	STL
0 Oswaldo Cabrera	NY
-0 Lane Thomas	WAS
-0 Jesse Winker	MIL
-1 Jose Siri	TB
-1 Gavin Sheets	CHW
-1 Garrett Mitchell	MIL
-1 Mike Yastrzemski	SF
-1 Joc Pederson	SF
-1 Michael Conforto	SF
-2 Mark Canha	NYM
-2 Brandon Marsh	PHI
-2 Jurickson Profar	COL
-2 Chris Taylor	LAD
-2 Juan Yelpez	STL
-2 Michael Brantley	HOU
-2 A.J. Pollock	SEA
-3 Eddie Rosario	ATL
-3 TJ Friedl	CIN
-3 Oscar Colas	CHW
-3 Chas McCormick	HOU
-3 Akil Baddoo	DET
-3 Joey Gallo	MIN
-3 Jarred Kelenic	SEA

Starting Pitchers

21 Corbin Burnes	MIL
20 Gerrit Cole	NY
16 Justin Verlander	NYM
16 Zack Wheeler	PHI
16 Max Fried	ATL
16 Aaron Nola	PHI
16 Max Scherzer	NYM
16 Alek Manoah	TOR
15 Julio Urias	LAD
15 Kevin Gausman	TOR
15 Shane Bieber	CLE
15 Shane Bieber	CLE
15 Shane Bieber	CLE
15 Shane Bieber	CLE
15 Sandy Alcantara	MIA
14 Jacob deGrom	TEX
13 Logan Webb	SF
13 Zac Gallen	ARZ
13 Carlos Rodon	NY
13 Shohei Ohtani	LAA
13 Framber Valdez	HOU
12 Yu Darvish	SD
12 Luis Castillo	SEA
11 Dylan Cease	CHW
11 Cristian Javier	HOU
10 Joe Musgrove	SD
9 Jordan Montgomery	STL
9 Luis Severino	NY
9 Triston McKenzie	CLE
9 Clayton Kershaw	LAD
8 Nestor Cortes	NY
8 Chris Bassitt	TOR
8 Logan Gilbert	SEA
8 Spencer Strider	ATL
8 Pablo Lopez	MIN
7 Tony Gonsolin	LAD
7 Luis Garcia	HOU
6 Brady Singer	KC
6 Robbie Ray	SEA
5 Freddy Peralta	MIL
5 Alex Cobb	SF
5 Charlie Morton	ATL
5 George Kirby	SEA
5 Drew Rasmussen	TB
5 Tyler Glasnow	TB
5 Lance Lynn	CHW
4 Garrett Whitlock	BOS
4 Blake Snell	SD
4 Kyle Wright	ATL
4 Tyler Anderson	LAA
4 Zach Effin	TB
4 Chris Sale	BOS
4 Lucas Giolito	CHW
3 Miles Mikolas	STL
3 Nick Lodolo	CIN
3 Cal Quantrill	CLE
3 Sonny Gray	MIN
3 Merrill Kelly	ARZ
3 Jesus Luzardo	MIA
3 Adam Wainwright	STL
3 Jose Berrios	TOR
3 Tyler Mahle	MIN
3 Ranger Suarez	PHI
3 Joe Ryan	MIN
2 Nathan Eovaldi	TEX
2 Jose Urquidy	HOU
2 Marcus Stroman	CHC
2 Domingo German	NY
1 Sean Manaea	SF
1 Ross Stripling	SF
1 Dustin May	LAD
1 Taijuan Walker	PHI
1 Jack Flaherty	STL

1 Jameson Taillon	CHC
1 Noah Syndergaard	LAD
1 Lance McCullers	HOU
1 Corey Kluber	BOS
1 Jon Gray	TEX
0 Kenta Maeda	MIN
0 Alex Wood	SF
0 Hunter Greene	CIN
0 Aaron Civale	CLE
-1 Eric Lauer	MIL
-1 Carlos Carrasco	NYM
-1 Michael Kopec	CHW
-1 Jeffrey Springs	TB
-1 Bailey Ober	MIN
-1 Kodai Senga	NYM
-2 Aaron Shvoval	LAA
-1 Martin Perez	TEX
-1 Justin Steele	CHC
-2 Andrew Heaney	TEX
-2 Anthony DeSclafani	SF
-2 Zack Greinke	KC
-2 Eduardo Rodriguez	DET
-2 Aaron Ashby	MIL
-2 Michael Wacha	SD
-2 Tarik Skubal	DET
-2 German Marquez	COL
-2 Cole Irvin	BAL
-2 Marco Gonzales	SEA
-2 Wade Miley	MIL
-3 Reid Detmers	LAA
-3 Spencer Turnbull	DET
-3 Zach Plesac	CLE

Relief Pitchers

35 Emmanuel Clase	CLE
30 Devin Williams	MIL
29 Raisel Iglesias	ATL
29 Jordan Romano	TOR
28 Josh Hader	SD
28 Ryan Pressly	HOU
24 Felix Bautista	BAL
22 Camilo Doval	SF
22 Kenley Jansen	BOS
21 Clay Holmes	NY
20 Daniel Bard	COL
19 Ryan Helsley	STL
17 Scott Barlow	KC
17 David Robertson	NYM
15 David Bednar	PIT
14 Paul Sewald	SEA
13 Alexis Diaz	CIN
13 Daniel Hudson	LAD
13 Peter Fairbanks	TB
13 Dylan Floro	MIA
12 Kendall Graveman	CHW
11 Craig Kimbrel	PHI
11 Evan Phillips	LAD
10 Kyle Finnegan	WAS
7 Jason Adam	TB
7 Andres Munoz	SEA
6 Giovanni Gallegos	STL
6 Jose Leclerc	TEX
5 Carlos Estevez	LAA
5 Jorge Lopez	MIN
5 Alex Lange	DET
4 Trevor May	OAK
3 Jhoan Duran	MIN
2 Rafael Montero	HOU
2 Seranthony Dominguez	PHI
1 Jimmy Herget	LAA
1 Andrew Chafin	ARZ
-0 Mark Melancon	ARZ
-0 A.J. Minter	ATL

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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MIXED 5x5 - 15 TEAM LEAGUE

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5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These combined AL/NL dollar values assume 15 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

40 Jose Ramirez 3B
40 Trea Turner SS
35 Aaron Judge OF
34 Ronald Acuna OF
34 Julio Rodriguez OF
33 Kyle Tucker OF
32 Bo Bichette SS
31 Daulton Varsho #OF C
31 Shohei Ohtani DH
30 Freddie Freeman 1B
30 Bobby Witt #3B SS
29 Manny Machado 3B
29 J.T. Realmuto C
29 Yordan Alvarez OF
28 Fernando Tatis Jr. SS
28 Mookie Betts OF
28 Mike Trout OF
28 Juan Soto OF
27 Corbin Burnes SP
27 Gerrit Cole SP

First Basemen

30 Freddie Freeman LAD
27 Vladimir Guerrero Jr. TOR
27 Paul Goldschmidt STL
26 Pete Alonso NYM
25 Matt Olson ATL
15 Ryan Mountcastle BAL
14 Jose Abreu HOU
13 C.J. Cron COL
13 Vinnie Pasquantino KC
13 Nate Lowe TEX
13 Christian Walker ARZ
12 Rhys Hoskins PHI
10 Anthony Rizzo NYY
10 Rowdy Tellez MIL
10 Ty France SEA
10 Josh Bell CLE
9 Triston Casas BOS
8 Jose Miranda #3B MIN
7 Luis Arraez #2B MIA
5 Miguel Vargas LAD
4 Joey Meneses #OF WAS
2 Spencer Torkelson DET
1 Josh Naylor CLE
1 Carlos Santana PIT

Second Basemen

23 Marcus Semien TEX
21 Jazz Chisholm MIA
21 Tommy Edman #SS STL
20 Ozzie Albies ATL
20 Andres Gimenez CLE
15 Gleyber Torres NYY
15 Brandon Lowe TB
14 Jake Cronenworth #1B SD
13 Vaughn Grissom ATL
13 Jose Altuve HOU
12 Thairo Estrada #SS SF
10 Whit Merrifield #OF TOR
8 Jonathan India CIN
8 Jorge Polanco MIN
7 Ketel Marte ARZ
7 Jeff McNeil #OF NYM
6 Jean Segura MIA

3 Kolten Wong SEA
0 Adam Frazier #OF BAL
-1 Vidal Brujan #OF TB
-1 Tony Kemp #OF OAK
-1 Jonathan Schoop DET
-1 Wilmer Flores #1B,3B SF

Third Basemen

40 Jose Ramirez CLE
29 Manny Machado SD
25 Rafael Devers BOS
22 Austin Riley ATL
16 Nolan Arenado STL
15 Gunnar Henderson BAL
15 Josh Rojas #2B ARZ
14 Alex Bregman HOU
13 Eugenio Suarez SEA
12 Ke'Bryan Hayes PIT
12 Matt Chapman TOR
9 Alex Bohm PHI
8 Max Muncy #2B LAD
7 Justin Turner BOS
7 Josh Jung TEX
6 D.J. LeMahieu #1B,2B NY
5 Yandy Diaz TB
5 Ryan McMahon COL
4 Brett Baty NYM
4 Jeimer Candelario WAS
4 Gio Urshela LAA
4 Jordan Walker STL
3 Brandon Drury #1B,2B LAA
3 Anthony Rendon LAA
3 Yoan Moncada CHW
2 Josh Donaldson NYY
2 Joey Wendle #1B,SS MIA
2 Luis Urias #2B,SS MIL
0 Spencer Steer CIN
-1 Patrick Wisdom CHC

Shortstops

40 Trea Turner PHI
32 Bo Bichette TOR
30 Bobby Witt #3B KC
28 Fernando Tatis Jr. SD
24 Francisco Lindor NYM
22 Oneil Cruz PIT
21 Dansby Swanson CHC
20 Corey Seager TEX
17 Tim Anderson CHW
16 Xander Bogaerts SD
16 Wander Franco TB
15 Willy Adames MIL
15 Amed Rosario CLE
14 Javier Baez DET
14 CJ Abrams WAS
14 Jeremy Pena HOU
13 Adalberto Mondesi BOS
12 Nico Hoerner CHC
12 Carlos Correa MIN
5 Elvis Andrus CHW
5 Oswald Peraza NYY
5 Luis Garcia #2B WAS
5 Bryson Stott #2B PHI
5 Jorge Mateo BAL
4 Ezequiel Tovar COL
2 Ha-Seong Kim #3B SD
-1 Brandon Crawford SF
-1 J.P. Crawford SEA

Catchers

31 Daulton Varsho #OFTOR
29 J.T. Realmuto PHI
26 Will Smith LAD

23 M.J. Melendez #OF KC
21 Salvador Perez KC
18 Tyler Stephenson CIN
18 Adley Rutschman BAL
15 Sean Murphy ATL
15 Willson Contreras STL
15 William Contreras MIL
15 Gabriel Moreno ARZ
15 Alejandro Kirk TOR
13 Danny Jansen TOR
12 Keibert Ruiz WAS
12 Mike Zunino CLE
10 Cal Raleigh SEA
9 Eric Haase DET
8 Travis d'Arnaud ATL
8 Gary Sanchez FA
7 Christian Vazquez MIN
5 Jonah Heim TEX
5 Logan O'Hoppe LAA
5 Christian Bethancourt #1B TB
5 Austin Nola SD
4 Yasmani Grandal CHW
4 Francisco Alvarez NYM
3 Elias Diaz COL
2 Jose Trevino NYY
1 Joey Bart SF
1 Nick Fortes MIA
1 Jorge Alfaro BOS
0 James McCann BAL
-0 Martin Maldonado HOU
-1 Yan Gomes CHC
-1 Tom Murphy SEA
-1 Bo Naylor CLE

Designated Hitters

31 Shohei Ohtani LAA
10 J.D. Martinez LAD

Outfielders

35 Aaron Judge NYY
34 Ronald Acuna ATL
34 Julio Rodriguez SEA
33 Kyle Tucker HOU
29 Yordan Alvarez HOU
28 Mookie Betts LAD
28 Mike Trout LAA
28 Juan Soto SD
27 Michael Harris ATL
24 Cedric Mullins BAL
23 Adolis Garcia TEX
22 Randy Arozarena TB
22 Kyle Schwarber PHI
22 Luis Robert CHW
21 Corbin Carroll ARZ
21 George Springer TOR
20 Teoscar Hernandez SEA
19 Jake McCarthy ARZ
17 Tyler O'Neill STL
16 Anthony Santander BAL
16 Starling Marte NYM
14 Bryan Reynolds PIT
14 Wil Myers #1B CIN
13 Steven Kwan CLE
13 Christian Yelich MIL
13 Kris Bryant COL
13 Eloy Jimenez CHW
11 Hunter Renfroe LAA
11 Byron Buxton MIN
11 Taylor Ward LAA
11 Cody Bellinger CHC
10 Seiya Suzuki CHC
10 Ian Happ CHC
10 Brandon Nimmo NYM

10 Seth Brown #1B OAK
10 Nick Castellanos PHI
10 Masataka Yoshida BOS
9 Adam Duvall BOS
9 Austin Hays BAL
9 Harrison Bader NYY
8 Lars Nootbaar STL
8 Edward Olivares KC
8 Ramon Laureano OAK
7 Manuel Margot TB
7 Riley Greene DET
7 Alex Verdugo BOS
6 Giancarlo Stanton NYY
6 Mitch Haniger SF
6 Lourdes Gurriel Jr. ARZ
6 Trent Grisham SD
6 Andrew Benintendi CHW
5 Dylan Carlson STL
5 Andrew McCutchen PIT
5 Mike Yastrzemski SF
5 Mark Canha NYM
4 Charlie Blackmon COL
4 Andrew Vaughn CHW
4 Austin Meadows DET
4 Jake Fraley CIN
4 Nick Gordon MIN
4 Kyle Stowers BAL
4 Randal Grichuk COL
4 Oscar Gonzalez CLE
4 Lane Thomas WAS
3 Trayce Thompson LAD
3 Jose Siri TB
3 Esteury Ruiz OAK
3 Jesse Winker MIL
3 Bubba Thompson TEX
3 Marcell Ozuna ATL
3 Michael Conforto SF
3 Jurickson Profar COL
3 Avisail Garcia MIA
2 Tyrone Taylor MIL
2 Chris Taylor LAD
2 Alex Kirilloff MIN
2 Brandon Marsh PHI
2 Myles Straw CLE
2 Garrett Mitchell MIL
1 Oscar Colas CHW
1 Michael Brantley HOU
1 TJ Friedl CIN
1 Joey Gallo MIN
1 Oswaldo Cabrera NYY
1 Max Kepler MIN
1 Joc Pederson SF
1 Akil Baddoo DET
0 Chas McCormick HOU
-0 A.J. Pollock SEA
-0 Enrique Hernandez BOS
-0 Gavin Sheets CHW
-1 Juan Ypez STL
-1 Jarred Kelenic SEA
-1 Eddie Rosario ATL

Starting Pitchers

27 Corbin Burnes MIL
27 Gerrit Cole NYY
22 Aaron Nola PHI
21 Kevin Gausman TOR
21 Brandon Woodruff MIL
21 Zack Wheeler PHI
20 Dylan Cease CHW
20 Max Scherzer NYM
20 Shane Bieber CLE
19 Shane Bieber CLE
19 Alek Manoah TOR

19 Justin Verlander NYM
19 Shohei Ohtani LAA
18 Julio Urias LAD
18 Max Fried ATL
18 Sandy Alcantara MIA
18 Yu Darvish SD
17 Zac Gallen ARZ
17 Luis Castillo SEA
17 Carlos Rodon NYM
17 Logan Webb SF
16 Framber Valdez HOU
16 Cristian Javier HOU
16 Jacob deGrom TEX
16 Spencer Strider ATL
15 Triston McKenzie CLE
15 Robbie Ray SEA
14 Joe Musgrove SD
13 Logan Gilbert SEA
13 Luis Severino NYM
12 Jordan Montgomery STL
12 Nestor Cortes NYM
12 Pablo Lopez MIN
12 Blake Snell SD
12 Luis Garcia HOU
12 Brady Singer KC
12 Lucas Giolito CHW
11 Chris Bassitt TOR
11 Charlie Morton ATL
10 Nick Lodolo CIN
10 Lance Lynn CHW
10 Clayton Kershaw LAD
9 Chris Sale BOS
9 Alex Cobb SF
9 Kyle Wright ATL
9 Jesus Luzardo MIA
9 Tyler Glasnow TB

4 Justin Steele CHC
4 Martin Perez TEX
4 Domingo German NYY
3 Ross Stripling SF
3 Eduardo Rodriguez DET
3 Reid Detmers LAA
3 Kodai Senga NYM
3 Nick Pivetta BOS
3 Alex Wood SF
2 Cole Irvin BAL
2 Noah Syndergaard LAD
2 Aaron Ashby MIL
2 Trevor Rogers MIA
2 Marco Gonzales SEA
2 Hunter Brown HOU
1 Michael Wacha SD
1 Anthony DeSclafani SF
1 JT Brubaker PIT
1 Tarik Skubal DET
0 Zach Plesac CLE
0 Matthew Boyd DET
0 Nick Martinez SD
0 Spencer Turnbull DET
0 David Peterson NYM
0 Mike Clevinger CHW
0 James Paxton BOS
-0 Johnny Cueto MIA
-0 Zack Greinke KC
-0 Grayson Rodriguez BAL
-0 Bailey Ober MIN
-0 Wade Miley MIL
-1 Roansy Contreras PIT
-1 Kyle Gibson BAL
-1 Hayden Wesneski CHC

Relief Pitchers

24 Emmanuel Clase CLE
22 Devin Williams MIL
20 Jordan Romano TOR
20 Raisel Iglesias ATL
20 Josh Hader SD
19 Ryan Pressly HOU
17 Felix Bautista BAL
16 Camilo Doval SF
15 Kenley Jansen BOS
14 Clay Holmes NYY
13 Daniel Bard COL
13 Ryan Helsley STL
12 Scott Barlow KC
12 David Robertson NYM
10 Paul Sewald SEA
10 Alexis Diaz CIN
10 David Bednar PIT
9 Daniel Hudson LAD
8 Craig Kimbrel PHI
8 Peter Fairbanks TB
8 Kendall Graveman CHW
8 Evan Phillips LAD
7 Dylan Floro MIA
7 Kyle Finnegan WAS
6 Jason Adam TB
5 Andres Munoz SEA
4 Giovanni Gallegos STL
3 Alex Lange DET
3 Jose Leclerc TEX
3 Carlos Estevez LAA
2 Trevor May OAK
2 Jhoan Duran MIN
2 Jorge Lopez MIN
1 Rafael Montero HOU
1 Andrew Chafin ARZ
0 Seranthony Dominguez PHI
-0 Taylor Rogers SF

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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MIXED 4x4 - 15 TEAM LEAGUE

<https://www.fantasyindex.com>

4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These combined AL/NL dollar values assume 15 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

43 Jose Ramirez 3B
42 Trea Turner SS
38 Kyle Tucker OF
36 Aaron Judge OF
36 Emmanuel Clase RP
35 Julio Rodríguez OF
35 Ronald Acuna OF
33 Bo Bichette SS
33 Shohei Ohtani DH
32 Bobby Witt #3B SS
31 Devin Williams RP
30 Raisel Iglesias RP
30 Jordan Romano RP
30 Fernando Tatis Jr. SS
30 Daulton Varsho #OF C
30 Manny Machado 3B
29 Michael Harris OF
29 Ryan Pressly RP
29 Yordan Alvarez OF
29 Josh Hader RP

First Basemen

28 Freddie Freeman LAD
27 Pete Alonso NYM
27 Vladimir Guerrero Jr. TOR
26 Paul Goldschmidt STL
24 Matt Olson ATL
16 Ryan Mountcastle BAL
15 C.J. Cron COL
14 Jose Abreu HOU
14 Vinnie Pasquantino KC
12 Nate Lowe TEX
11 Christian Walker ARZ
11 Rowdy Tellez MIL
10 Rhys Hoskins PHI
10 Anthony Rizzo NYY
10 Ty France SEA
9 Jose Miranda #3B MIN
9 Josh Bell CLE
7 Triston Casas BOS
6 Miguel Vargas LAD
5 Joey Meneses #OF WAS
3 Luis Arraez #2B MIA
3 Josh Naylor CLE
1 Spencer Torkelson DET
-0 Carlos Santana PIT
-0 Eric Hosmer CHC
-0 Jesus Aguilar OAK
-0 Jared Walsh LAA
-1 Joey Votto CIN

Second Basemen

23 Andres Gimenez CLE
23 Jazz Chisholm MIA
21 Marcus Semien TEX
20 Ozzie Albies ATL
19 Tommy Edman #SS STL
16 Gleyber Torres NYY
15 Vaughn Grissom ATL
14 Brandon Lowe TB
12 Thairo Estrada #SS SF
11 Jose Altuve HOU
10 Whit Merrifield #OF TOR
9 Jake Cronenworth #1B SD
8 Jorge Polanco MIN
6 Jonathan India CIN

6 Ketel Marte ARZ
5 Jeff McNeil #OF NYM
5 Jean Segura MIA
3 Kolten Wong SEA
2 Vidal Brujan #OF TB
-1 Adam Frazier #OF BAL

Third Basemen

43 Jose Ramirez CLE
30 Manny Machado SD
26 Rafael Devers BOS
22 Austin Riley ATL
17 Nolan Arenado STL
16 Gunnar Henderson BAL
15 Josh Rojas #2B ARZ
13 Ke'Bryan Hayes PIT
12 Eugenio Suarez SEA
12 Alex Bregman HOU
9 Josh Jung TEX
9 Matt Chapman TOR
7 Alec Bohm PHI
7 Justin Turner BOS
6 Max Muncy #2B LAD
6 Ryan McMahon COL
5 Jordan Walker STL
5 Gio Urshela LAA
4 Anthony Rendon LAA
4 Brett Baty NYM
3 D.J. LeMahieu #1B,2B NYY
3 Jeimer Candelario WAS
3 Yandy Diaz TB
2 Joey Wendle #1B,SS MIA
2 Brandon Drury #1B,2B LAA
2 Yoan Moncada CHW
1 Josh Donaldson NYY
0 Luis Urias #2B,SS MIL
-0 Patrick Wisdom CHC
-1 Spencer Steer CIN

Shortstops

42 Trea Turner PHI
33 Bo Bichette TOR
32 Bobby Witt #3B KC
30 Fernando Tatis Jr. SD
23 Francisco Lindor NYY
23 Oneil Cruz PIT
20 Dansby Swanson CHC
19 Corey Seager TEX
19 Adalberto Mondesi BOS
17 Tim Anderson CHW
16 Xander Bogaerts SD
15 Javier Baez DET
15 Nico Hoerner CHC
14 Amed Rosario CLE
14 Wander Franco TB
14 Jeremy Pena HOU
14 Willy Adames MIL
13 CJ Abrams WAS
11 Carlos Correa MIN
8 Oswald Peraza NYY
7 Jorge Mateo BAL
6 Elvis Andrus CHW
5 Luis Garcia #2B WAS
5 Bryson Stott #2B PHI
4 Ezequiel Tovar COL
3 Ha-Seong Kim #3B SD
-1 Brandon Crawford SF

Catchers

30 Daulton Varsho #OFTOR
29 J.T. Realmuto PHI
24 Will Smith LAD
23 Salvador Perez KC

21 M.J. Melendez #OF KC
16 Tyler Stephenson CIN
15 Adley Rutschman BAL
15 Gabriel Moreno ARZ
14 Alejandro Kirk TOR
14 William Contreras MIL
13 Sean Murphy ATL
13 Keibert Ruiz WAS
13 Willson Contreras STL
12 Danny Jansen TOR
10 Cal Raleigh SEA
9 Eric Haase DET
9 Mike Zunino CLE
8 Travis d'Arnaud ATL
7 Gary Sanchez FA
6 Christian Vazquez MIN
6 Logan O'Hoppe LAA
5 Christian Bethancourt #1B TB
5 Jonah Heim TEX
4 Austin Nola SD
4 Yasmani Grandal CHW
4 Francisco Alvarez NYM
3 Elias Diaz COL
2 Jorge Alfaro BOS
2 Jose Trevino NYY
1 James McCann BAL
1 Nick Fortes MIA
0 Joey Bart SF
0 Bo Naylor CLE
0 Yan Gomes CHC

Designated Hitters

33 Shohei Ohtani LAA
9 J.D. Martinez LAD
-1 Nelson Cruz SD
-1 Bryce Harper PHI

Outfielders

38 Kyle Tucker HOU
36 Aaron Judge NYY
35 Julio Rodriguez SEA
35 Ronald Acuna ATL
29 Michael Harris ATL
29 Yordan Alvarez HOU
28 Mike Trout LAA
26 Juan Soto SD
25 Adolis Garcia TEX
25 Cedric Mullins BAL
25 Mookie Betts LAD
23 Luis Robert CHW
23 Randy Arozarena TB
22 Corbin Carroll ARZ
21 Jake McCarthy ARZ
21 Teoscar Hernandez SEA
21 Kyle Schwarber PHI
20 George Springer TOR
17 Tyler O'Neill STL
17 Starling Marte NYM
16 Anthony Santander BAL
16 Wil Myers #1B CIN
15 Eloy Jimenez CHW
13 Bryan Reynolds PIT
12 Byron Buxton MIN
11 Hunter Renfroe LAA
11 Seth Brown #1B OAK
11 Seiya Suzuki CHC
11 Steven Kwan CLE
11 Kris Bryant COL
10 Cody Bellinger CHC
10 Adam Duvall BOS
10 Taylor Ward LAA
10 Nick Castellanos PHI
10 Ian Happ CHC

9 Edward Olivares KC
9 Manuel Margot TB
9 Giancarlo Stanton NYY
9 Harrison Bader NYY
8 Christian Yelich MIL
8 Lourdes Gurriel Jr. ARZ
7 Andrew Benintendi CHW
7 Austin Hays BAL
7 Jake Fraley CIN
7 Lars Nootbaar STL
7 Ramon Laureano OAK
7 Nick Gordon MIN
6 Kyle Stowers BAL
6 Bubba Thompson TEX
6 Esteury Ruiz OAK
6 Masataka Yoshida BOS
5 Oscar Gonzalez CLE
5 Alex Verdugo BOS
5 Charlie Blackmon COL
5 Riley Greene DET
5 Mitch Haniger SF
5 Trayce Thompson LAD
5 Randal Grichuk COL
5 Austin Meadows DET
5 Trent Grisham SD
4 Brandon Nimmo NYM
4 Marcell Ozuna ATL
4 Avisail Garcia MIA
4 Garrett Mitchell MIL
4 Andrew McCutchen PIT
4 Andrew Vaughn CHW
4 Alex Kirilloff MIN
4 Jose Siri TB
4 Oswaldo Cabrera NYY
3 Dylan Carlson STL
3 Lane Thomas WAS
3 Tyrone Taylor MIL
2 Jesse Winker MIL
2 Brandon Marsh PHI
2 Jurickson Profar COL
2 Mike Yastrzemski SF
2 Gavin Sheets CHW
2 TJ Friedl CIN
1 Michael Conforto SF
1 Joc Pederson SF
1 Chris Taylor LAD
1 Mark Canha NYM
1 Akil Baddoo DET
1 Michael Brantley HOU
1 A.J. Pollock SEA
1 Chas McCormick HOU
1 Dylan Moore #SS SEA
1 Eddie Rosario ATL
1 Matt Vierling DET
1 Juan Yezze STL
0 Myles Straw CLE
0 Oscar Colas CHW
0 Jared Kelenic SEA
-0 Kevin Kiermaier TOR
-0 Bryan De La Cruz MIA
-0 Kyle Isbel KC
-0 Max Kepler MIN
-1 Kerry Carpenter DET

Starting Pitchers

23 Corbin Burnes MIL
22 Gerrit Cole NYY
18 Justin Verlander NYY
18 Zack Wheeler PHI
18 Max Scherzer NYY
18 Aaron Nola PHI
18 Max Fried ATL
17 Alek Manoah TOR

17 Julio Urias LAD
17 Kevin Gausman TOR
17 Shane Bieber CLE
17 Shane Bieber TB
17 Brandon Woodruff MIL
16 Sandy Alcantara MIA
16 Jacob deGrom TEX
15 Zac Gallen ARZ
15 Shohei Ohtani LAA
15 Logan Webb SF
15 Carlos Rodon NYY
14 Yu Darvish SD
14 Framber Valdez HOU
14 Luis Castillo SEA
13 Dylan Cease CHW
12 Cristian Javier HOU
12 Joe Musgrove SD
11 Luis Severino NYY
11 Jordan Montgomery STL
11 Triston McKenzie CLE
11 Clayton Kershaw LAD
10 Nestor Cortes NYY
10 Spencer Strider ATL
10 Chris Bassitt TOR
10 Logan Gilbert SEA
10 Pablo Lopez MIN
9 Tony Gonsolin LAD
9 Luis Garcia HOU
8 Brady Singer KC
8 Robbie Ray SEA
8 Freddy Peralta MIL
7 Tyler Glasnow TB
7 Alex Cobb SF
7 George Kirby SEA
7 Drew Rasmussen TB
7 Charlie Morton ATL
7 Lance Lynn CHW
7 Garrett Whitlock BOS
7 Blake Snell SD
6 Tyler Anderson LAA
6 Zach Effin TB
6 Chris Sale BOS
6 Kyle Wright ATL
6 Jesus Luzardo MIA
6 Lucas Giolito CHW
6 Sonny Gray MIN
6 Nick Lodolo CIN
5 Cal Quantrill CLE
5 Miles Mikolas STL
5 Merrill Kelly ARZ
5 Jose Berrios TOR
5 Tyler Mahle MIN
5 Adam Wainwright STL
5 Nathan Eovaldi TEX
5 Ranger Suarez PHI
5 Joe Ryan MIN
5 Jose Urquidy HOU
4 Marcus Stroman CHC
4 Domingo German NYY
4 Ross Stripling SF
4 Sean Manaea SF
3 Dustin May LAD
3 Jack Flaherty STL
3 Jameson Taillon CHC
3 Taijuan Walker PHI
3 Noah Syndergaard LAD
3 Jon Gray TEX
3 Lance McCullers HOU
3 Kenta Maeda MIN
3 Corey Kluber BOS
3 Alex Wood SF
3 Aaron Civale CLE
2 Hunter Greene CIN

2 Jeffrey Springs TB
2 Eric Lauer MIL
2 Bailey Ober MIN
2 Carlos Carrasco NYY
1 Michael Kopech CHW
1 Patrick Sandoval LAA
1 Kodai Senga NYY
1 Justin Steele CHC
1 Andrew Heaney TEX
1 Martin Perez TEX
1 Anthony DeSclafani SF
1 Eduardo Rodriguez DET
1 Zack Greinke KC
1 Tarik Skubal DET
1 Aaron Ashby MIL
0 Michael Wacha SD
0 Reid Detmers LAA
0 Wade Miley MIL
0 Cole Irvin BAL
0 Spencer Turnbull DET
0 German Marquez COL
0 Marco Gonzalez SEA
-0 Tyler Wells BAL

Relief Pitchers

36 Emmanuel Clase CLE
31 Devin Williams MIL
30 Raisel Iglesias ATL
30 Jordan Romano TOR
29 Ryan Pressly HOU
29 Josh Hader SD
25 Felix Bautista BAL
23 Camilo Doval SF
23 Kenley Jansen BOS
23 Clay Holmes NYY
22 Daniel Bard COL
21 Ryan Helsley STL
19 Scott Barlow KC
18 David Robertson NYY
17 David Bednar PIT
16 Paul Sewald SEA
15 Alexis Diaz CIN
15 Peter Fairbanks TB
15 Daniel Hudson LAD
15 Dylan Floro MIA
14 Kendall Graveman CHW
13 Craig Kimbrel PHI
13 Evan Phillips LAD
12 Kyle Finnegan WAS
10 Jason Adam TB
9 Andres Munoz SEA
9 Giovanni Gallegos STL
8 Jose Leclerc TEX
8 Carlos Estevez LAA
7 Alex Lange DET
7 Jorge Lopez MIN
7 Trevor May OAK
6 Jhoan Duran MIN
5 Rafael Montero HOU
4 Jimmy Herget LAA
4 Andrew Chafin PHI
4 Seranthony Dominguez ARZ
3 A.J. Minter ATL
2 Mark Melancon ARZ
2 Liam Hendriks CHW
2 Aaron Bummer CHW
2 Taylor Rogers SF
2 Brandon Hughes CHC
1 Kevin Ginkel ARZ
1 Joe Mantipli ARZ
1 Diego Castillo SEA
1 Brusdar Graterol LAD
0 Jonathan Loaisiga NYY

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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206-527-4444

AL 5x5 - 10 TEAM LEAGUE

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5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These AL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

39 Jose Ramirez 3B
35 Aaron Judge OF
33 Julio Rodriguez OF
32 Kyle Tucker OF
32 Bo Bichette SS
31 Shohei Ohtani DH
30 Gerrit Cole SP
30 Bobby Witt #3B SS
30 Yordan Alvarez OF
29 Mike Trout OF
28 Vladimir Guerrero Jr. 1B
28 Daulton Varsho #OF C
27 Rafael Devers 3B
25 Cedric Mullins OF
24 Adolis Garcia OF
24 Marcus Semien 2B
24 Kevin Gausman SP
23 Randy Arozarena OF
23 Dylan Cease SP
23 Luis Robert OF
23 Shane Bieber SP
23 George Springer OF
22 Alek Manoah SP
22 Corey Seager SS
22 Emmanuel Clase RP
22 Teoscar Hernandez OF
21 Shohei Ohtani SP
21 Andres Gimenez 2B
21 M.J. Melendez #OF C
21 Luis Castillo SP
20 Framber Valdez SP
20 Tim Anderson SS
20 Salvador Perez C
19 Cristian Javier SP
19 Carlos Rodon SP
19 Jordan Romano RP
19 Jacob deGrom SP
19 Anthony Santander OF
18 Triston McKenzie SP
18 Wander Franco SS
18 Robbie Ray SP
18 Gleyber Torres 2B
18 Ryan Mountcastle 1B
18 Gunnar Henderson 3B
18 Amed Rosario SS
18 Brandon Lowe 2B
17 Ryan Pressly RP
17 Jose Abreu 1B
17 Adley Rutschman C
17 Alex Bregman 3B
17 Javier Baez SS
17 Jeremy Pena SS
16 Logan Gilbert SP
16 Steven Kwan OF
16 Jose Altuve 2B
16 Vinnie Pasquantino 1B
16 Nate Lowe 1B
16 Eloy Jimenez OF
16 Adalberto Mondesi SS
16 Eugenio Suarez 3B
16 Nestor Cortes SP
15 Pablo Lopez SP
15 Felix Bautista RP
15 Luis Severino SP
15 Luis Garcia SP

First Basemen

28 Vladimir Guerrero Jr. TOR
18 Ryan Mountcastle BAL
17 Jose Abreu HOU
16 Vinnie Pasquantino KC
16 Nate Lowe TEX
14 Anthony Rizzo NYY
14 Ty France SEA
13 Josh Bell CLE
13 Triston Casas BOS
12 Jose Miranda #3B MIN
7 Spencer Torkelson DET
6 Josh Taylor CLE
4 Jared Walsh LAA
3 Jesus Aguilar OAK
2 Harold Ramirez #OF TB
1 Brandon Belt TOR
-2 Miguel Sano FA
-5 Bobby Dalbec #3B BOS

Second Basemen

24 Marcus Semien TEX
21 Andres Gimenez CLE
18 Gleyber Torres NYY
18 Brandon Lowe TB
16 Jose Altuve HOU
13 Whit Merrifield #OF TOR
12 Jorge Polanco MIN
8 Kolten Wong SEA
5 Adam Frazier #OF BAL
4 Vidal Brujan #OF TB
4 Tony Kemp #OF OAK
4 Jonathan Schoop DET
3 Luis Rengifo #3B LAA
3 Santiago Espinal TOR
1 Nicky Lopez #3B,SS KC
1 Michael Massey KC
0 Jonathan Villar #3B FA
-1 Trevor Story BOS
-6 Jonathan Aranda TB
-6 Edouard Julien MIN
-7 Cavan Biggio #1B TOR
-7 Christian Arroyo BOS
-8 David Fletcher #SS LAA

Third Basemen

39 Jose Ramirez CLE
27 Rafael Devers BOS
18 Gunnar Henderson BAL
17 Alex Bregman HOU
16 Eugenio Suarez SEA
15 Matt Chapman TOR
11 Josh Jung TEX
11 Justin Turner BOS
10 D.J. LeMahieu #1B,2B NYY
9 Yandy Diaz TB
8 Gio Urshela LAA
8 Brandon Drury #1B,2B LAA
7 Anthony Rendon LAA
7 Yoan Moncada CHW
7 Josh Donaldson NYY
3 Isaac Paredes #1B,2B TB
-4 Jace Peterson OAK
-5 Ezequiel Duran TEX
-6 Ryan Kreydler DET
-7 Ramon Urias #2B BAL
-8 Josh H. Smith #OF TEX

Shortstops

32 Bo Bichette TOR
30 Bobby Witt #3B KC
22 Corey Seager TEX
20 Tim Anderson CHW

18 Wander Franco TB
18 Amed Rosario CLE
17 Javier Baez DET
17 Jeremy Pena HOU
16 Adalberto Mondesi BOS
15 Carlos Correa MIN
9 Oswald Peraza NYY
9 Elvis Andrus CHW
9 Jorge Mateo BAL
4 J.P. Crawford SEA
-3 Nick Allen #2B OAK
-3 Isiah Kiner-Falefa NYY
-3 Royce Lewis MIN
-5 Taylor Walls #2B,3B TB

Catchers

28 Daulton Varsho #OF TOR
21 M.J. Melendez #OF KC
20 Salvador Perez KC
17 Adley Rutschman BAL
14 Alejandro Kirk TOR
13 Danny Jansen TOR
10 Mike Zunino CLE
10 Cal Raleigh SEA
10 Eric Haase DET
9 Gary Sanchez FA
7 Christian Vazquez MIN
6 Jonah Heim TEX
6 Logan O'Hoppe LAA
6 Christian Bethancourt #1B TB
5 Yasmani Grandal CHW
3 Jose Trevino NYY
2 Jorge Alfaro BOS
2 James McCann BAL
1 Martin Maldonado HOU
1 Tom Murphy SEA
1 Bo Naylor CLE
-1 Seby Zavala CHW
-1 Francisco Mejia TB
-2 Reese McGuire BOS
-2 Manny Pina OAK
-2 Max Stassi LAA
-2 Ryan Jeffers MIN
-3 Corey Lee HOU
-4 Kyle Higashioka NYY
-5 Robinson Chirinos FA
-5 Yainer Diaz HOU
-6 Matt Thaiss LAA
-6 Ben Rortvedt NYY
-6 Connor Wong BOS
-6 Tyler Soderstrom OAK
-6 Sam Huff TEX
-6 Donny Sands DET
-7 Rene Pinto TB
-7 Jake Rogers DET
-7 Zack Collins CLE
-7 Andrew Knapp DET
-7 Austin Wells NYY
-7 Bryan Lavastida CLE
-7 Meibrys Vitoria CLE

Designated Hitters

31 Shohei Ohtani LAA
0 Shea Langeliers OAK
0 Miguel Cabrera DET
-5 Franmil Reyes KC
-5 Mitch Garver TEX

Outfielders

35 Aaron Judge NYY
33 Julio Rodriguez SEA
32 Kyle Tucker HOU
30 Yordan Alvarez HOU

29 Mike Trout LAA
25 Cedric Mullins BAL
24 Adolis Garcia TEX
23 Randy Arozarena TB
23 Luis Robert CHW
23 George Springer TOR
22 Teoscar Hernandez SEA
19 Anthony Santander BAL
19 Steven Kwan CLE
16 Eloy Jimenez CHW
14 Hunter Renfroe LAA
14 Taylor Ward LAA
14 Byron Buxton MIN
13 Masataka Yoshida BOS
13 Seth Brown #1B OAK
13 Adam Duvall BOS
12 Austin Hays BAL
12 Harrison Bader NYY
12 Edward Olivares KC
11 Ramon Laureano OAK
11 Manuel Margot TB
11 Riley Greene DET
11 Alex Verdugo BOS
10 Giancarlo Stanton NYY
10 Andrew Benintendi CHW
9 Andrew Vaughn CHW
9 Oscar Gonzalez CLE
8 Austin Meadows DET
8 Kyle Stowers BAL
8 Nick Gordon MIN
7 Jose Siri TB
7 Estuary Ruiz OAK
7 Bubba Thompson TEX
7 Alex Kiriloff MIN
6 Oscar Colas CHW
6 Michael Brantley HOU
6 Myles Straw CLE
6 Oswaldo Cabrera NYY
6 Joey Gallo MIN
5 Max Kepler MIN
5 Akil Baddoo DET
5 Chas McCormick HOU
5 A.J. Pollock SEA
5 Gavin Sheets CHW
5 Enrique Hernandez BOS
4 Jarred Kelenic SEA
4 Matt Vierling DET
4 Kevin Kiermaier TOR
3 Kyle Isbel KC
3 Dylan Moore #SS SEA
2 Kerry Carpenter DET
2 Leody Taveras TEX
2 Drew Waters TEX
1 Hunter Dozier #1B,3B KC
0 Nate Eaton KC
0 Will Brennan CLE
-1 Aledmys Diaz #2B OAK
-3 Aaron Hicks NYY
-4 Josh Lowe TB
-4 Mauricio Dubon #SS HOU
-4 Robbie Grossman TEX
-5 Michael Taylor MIN
-6 Jake Meyers HOU
-6 Cristian Pache OAK
-6 Jo Adell LAA
-7 Conner Capel OAK

Starting Pitchers

30 Gerrit Cole NYY
24 Kevin Gausman TOR
23 Dylan Cease CHW
23 Shane Bieber BAL
23 Shane Bieber CLE

22 Alek Manoah TOR
21 Shohei Ohtani LAA
21 Luis Castillo SEA
20 Framber Valdez HOU
19 Cristian Javier HOU
19 Carlos Rodon NYY
19 Jacob deGrom TEX
18 Triston McKenzie CLE
18 Robbie Ray SEA
16 Logan Gilbert SEA
16 Nestor Cortes NYY
15 Pablo Lopez MIN
15 Luis Severino NYY
15 Luis Garcia HOU
15 Brady Singer KC
15 Lucas Giolito CHW
15 Chris Bassitt TOR
13 Lance Lynn CHW
12 Chris Sale BOS
12 Jose Berrios TOR
12 Tyler Glasnow TB
11 George Kirby SEA
11 Tyler Mahle MIN
11 Drew Rasmussen TB
11 Joe Ryan MIN
11 Nathan Eovaldi TEX
10 Zach Effin TB
10 Cal Quantrill CLE
10 Sonny Gray MIN
10 Tyler Anderson LAA
10 Garrett Whitlock BOS
9 Jon Gray TEX
9 Jose Urquidy HOU
9 Patrick Sandoval LAA
8 Andrew Heaney TEX
8 Corey Kluber BOS
8 Kenta Maeda MIN
8 Aaron Civale CLE
8 Michael Kopech CHW
7 Lance McCullers HOU
7 Martin Perez TEX
7 Jeffrey Springs TB
7 Nick Pivetta BOS
7 Domingo German NYY
6 Eduardo Rodriguez DET
6 Reid Detmers LAA
6 Cole Irvin BAL
5 Marco Gonzales SEA
5 Hunter Brown HOU
4 Zach Plesac CLE
4 Matthew Boyd DET
3 Mike Clevinger CHW
3 Spencer Turnbull DET
3 Tarik Skubal DET
3 Zack Greinke KC
3 Kyle Gibson BAL
3 Grayson Rodriguez BAL
3 James Paxton BOS
2 Bailey Ober MIN
2 Ken Waldichuk OAK
2 Tyler Wells BAL
2 Dylan Bundy FA
1 Drew Rucinski OAK
1 James Kaprielian OAK
1 Kyle Bradish BAL
1 Michael Lorenzen DET
1 Yusei Kikuchi TOR
1 Jordan Lyles KC
0 Brayton Bello BOS
0 Brad Keller KC
-0 Ryan Yarbrough KC
-0 Chris Flexen SEA
-0 Dean Kremer BAL

-1 Jose Suarez LAA
-1 Shintaro Fujinami OAK
-2 Mitchell White TOR
-2 Michael Pineda FA
-2 Chris Archer FA
-2 Matt Manning DET
-3 Dane Dunning TEX
-3 Kyle Muller OAK
-3 John Means BAL
-4 Josh Fleming TB
-4 Tucker Davidson LAA
-5 Paul Blackburn OAK
-5 Clarke Schmidt NYY
-5 Luis Patino TB
-5 Davis Martin CHW
-6 Jaime Barria LAA
-7 Dallas Keuchel FA
-7 Frankie Montas NYY

Relief Pitchers

22 Emmanuel Clase CLE
19 Jordan Romano TOR
17 Ryan Pressly HOU
15 Felix Bautista BAL
14 Kenley Jansen BOS
13 Clay Holmes NYY
11 Scott Barlow KC
9 Paul Sewald SEA
8 Peter Fairbanks TB
7 Kendall Graveman CHW
5 Jason Adam TB
4 Andres Munoz SEA
2 Jhoan Duran MIN
2 Alex Lange DET
2 Jose Leclerc TEX
2 Carlos Estevez LAA
2 Jorge Lopez MIN
2 Trevor May OAK
1 Rafael Montero HOU
-0 Jimmy Herget LAA
-2 Aaron Bummer CHW
-2 Diego Castillo SEA
-3 Lou Trivino NYY
-3 Jonathan Loaisiga NYY
-3 Tanner Houck BOS
-3 James Karinchak CLE
-3 Reynaldo Lopez CHW
-4 Hector Neris HOU
-4 Will Smith TEX
-4 Dillon Tate BAL
-4 Zach Jackson OAK
-4 Caleb Thielbar MIN
-4 John Schreiber BOS
-4 Liam Hendriks CHW
-5 Emilio Pagan MIN
-5 Colin Poche TB
-5 Yonny Chirinos TB
-5 Janis Beeks TEX
-5 Adam Cimber TOR
-5 Domingo Acevedo OAK
-5 Chris Martin BOS
-5 Cionel Perez BAL
-5 Joe Barlow TEX
-5 Erik Swanson TOR
-5 Michael King NYY
-5 Anthony Bass TOR
-5 Bryan Baker BAL
-6 Yimi Garcia TOR
-6 Aaron Loup LAA
-6 Dylan Coleman KC
-6 Aroldis Chapman KC
-6 Trevor Stephan CLE
-6 Matt Festa SEA

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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AL 4x4 - 10 TEAM LEAGUE

<https://www.fantasyindex.com>

4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These combined AL/NL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

42 Jose Ramirez 3B
37 Kyle Tucker OF
37 Aaron Judge OF
35 Julio Rodriguez OF
34 Bo Bichette SS
33 Shohei Ohtani DH
33 Emmanuel Clase RP
32 Bobby Witt #3B SS
30 Yordan Alvarez OF
30 Mike Trout OF
28 Daulton Varsho #OF C
28 Vladimir Guerrero Jr. 1B
28 Jordan Romano RP
27 Rafael Devers 3B
27 Ryan Pressly RP
26 Adolis Garcia OF
26 Cedric Mullins OF
26 Gerrit Cole SP
25 Luis Robert OF
24 Randy Arozarena OF
24 Andres Gimenez 2B
23 Marcus Semien 2B
23 Teoscar Hernandez OF
23 Felix Bautista RP
23 Salvador Perez C
22 George Springer OF
21 Alek Manoah SP
21 Corey Seager SS
21 Shane Bieber SP
21 Clay Holmes RP
21 Kenley Jansen RP
21 Kevin Gausman SP
20 Shane McClellan SP
20 M.J. Melendez #OF C
20 Adalberto Mondesi SS
19 Tim Anderson SS
19 Jacob deGrom 1B
19 Ryan Mountcastle 1B
19 Shohei Ohtani SP
19 Anthony Santander OF
18 Gleyber Torres 2B
18 Carlos Rodon SP
18 Gunnar Henderson 3B
18 Framber Valdez SP
18 Eloy Jimenez OF
18 Luis Castillo SP
17 Dylan Cease SP
17 Javier Baez SS
17 Jose Abreu 1B
17 Vinnie Pasquantino 1B
17 Amed Rosario SS
17 Scott Barlow RP
17 Wander Franco SS
16 Brandon Lowe 2B
16 Cristian Javier 2B
16 Jeremy Pena SS
15 Adley Rutschman C
15 Nate Lowe 1B
15 Triston McKenzie SP
15 Byron Buxton OF
15 Alejandro Kirk C
15 Eugenio Suarez 3B
15 Luis Severino SP
15 Alex Bregman 3B
14 Paul Sewald RP
14 Jose Altuve 2B

First Basemen

28 Vladimir Guerrero Jr. TOR
19 Ryan Mountcastle BAL
17 Jose Abreu HOU
17 Vinnie Pasquantino KC
15 Nate Lowe TEX
13 Anthony Rizzo NYY
13 Ty France SEA
12 Jose Miranda #3B MIN
12 Josh Bell CLE
10 Triston Casas BOS
6 Josh Naylor CLE
5 Spencer Torkelson DET
4 Jesus Aguilar OAK
4 Jared Walsh LAA
2 Harold Ramirez #OF TB
1 Brandon Belt TOR
-2 Miguel Sano FA
-4 Bobby Dalbec #3B BOS

Second Basemen

24 Andres Gimenez CLE
23 Marcus Semien TEX
18 Gleyber Torres NYY
16 Brandon Lowe TB
14 Jose Altuve HOU
13 Whit Merrifield #OF TOR
11 Jorge Polanco MIN
7 Koltan Wong SEA
5 Vidal Brujan #OF TB
3 Adam Frazier #OF BAL
3 Santiago Espinal TOR
3 Luis Rengifo #3B LAA
2 Michael Massey KC
2 Jonathan Schoop DET
1 Tony Kemp #OF OAK
1 Jonathan Villar #3B FA
-1 Trevor Story BOS
-1 Nicky Lopez #3B,SS KC
-5 Jonathan Aranda TB
-5 Edouard Julien MIN
-6 Christian Arroyo BOS

Third Basemen

42 Jose Ramirez CLE
27 Rafael Devers BOS
18 Gunnar Henderson BAL
15 Eugenio Suarez SEA
15 Alex Bregman HOU
13 Josh Jung TEX
12 Matt Chapman TOR
10 Justin Turner BOS
8 Gio Urshela LAA
8 Anthony Rendon LAA
7 D.J. LeMahieu #1B,2B NYY
7 Yandy Diaz TB
6 Brandon Drury #1B,2B LAA
6 Yoan Moncada CHW
5 Josh Donaldson NYY
1 Isaac Paredes #1B,2B TB
-3 Ezequiel Duran TEX
-4 Jace Peterson OAK
-6 Ramon Urias #2B BAL
-6 Ryan Kreydler DET
-7 Josh H. Smith #OF TEX

Shortstops

34 Bo Bichette TOR
32 Bobby Witt #3B KC
21 Corey Seager TEX
20 Adalberto Mondesi BOS
19 Tim Anderson CHW
17 Javier Baez DET

17 Amed Rosario CLE
17 Wander Franco TB
16 Jeremy Pena HOU
14 Carlos Correa MIN
11 Oswaldo Peraza NYY
10 Jorge Mateo BAL
9 Elvis Andrus CHW
1 J.P. Crawford SEA
-2 Royce Lewis MIN
-3 Isiah Kiner-Falefa NYY
-4 Nick Allen #2B OAK
-6 Taylor Walls #2B,3B TB

Catchers

28 Daulton Varsho #OF TOR
23 Salvador Perez KC
20 M.J. Melendez #OF KC
15 Adley Rutschman BAL
15 Alejandro Kirk TOR
13 Danny Jansen TOR
11 Cal Raleigh SEA
10 Eric Haase DET
10 Mike Zunino CLE
8 Gary Sanchez FA
8 Christian Vazquez MIN
8 Logan O'Hoppe LAA
6 Christian Bethancourt #1B TB
6 Jonah Heim TEX
6 Yasmani Grandal CHW
4 Jorge Alfaro BOS
4 Jose Trevino NYY
3 James McCann BAL
2 Bo Naylor CLE
1 Tom Murphy SEA
-1 Francisco Mejia TB
-1 Martin Maldonado HOU
-1 Manny Pina OAK
-1 Reese McGuire BOS
-1 Seby Zavala CHW
-2 Ryan Jeffers MIN
-2 Corey Lee HOU
-3 Kyle Higashioka NYY
-3 Max Stassi LAA
-3 Yoey Diaz HOU
-4 Connor Wong BOS
-4 Robinson Chirinos FA
-4 Tyler Soderstrom OAK
-4 Matt Thaiss LAA
-5 Sam Huff TEX
-5 Ben Rortvedt NYY
-5 Rene Pinto TB
-5 Donny Sands DET
-5 Jake Rogers DET
-5 Zack Collins CLE

Designated Hitters

33 Shohei Ohtani LAA
-1 Shea Langeliers OAK
-4 Miguel Cabrera DET
-4 Franmil Reyes KC
-5 Mitch Garver TEX

Outfielders

37 Kyle Tucker HOU
37 Aaron Judge NYY
35 Julio Rodriguez SEA
30 Yordan Alvarez HOU
30 Mike Trout LAA
30 Adolis Garcia TEX
26 Cedric Mullins BAL
25 Luis Robert CHW
24 Randy Arozarena TB
23 Teoscar Hernandez SEA

22 George Springer TOR
19 Anthony Santander BAL
18 Eloy Jimenez CHW
15 Byron Buxton MIN
14 Hunter Renfroe LAA
14 Seth Brown #1B OAK
14 Steven Kwan CLE
13 Taylor Ward LAA
13 Adam Duvall BOS
12 Edward Olivares KC
12 Giancarlo Stanton NYY
12 Manuel Margot TB
11 Harrison Bader NYY
11 Andrew Benintendi CHW
10 Austin Hays BAL
10 Ramon Laureano OAK
10 Nick Gordon MIN
10 Kyle Stowers BAL
10 Masataka Yoshida BOS
9 Bubba Thompson TEX
9 Oscar Gonzalez CLE
9 Esteury Ruiz OAK
9 Alex Verdugo BOS
8 Riley Greene DET
8 Austin Meadows DET
8 Andrew Vaughn CHW
7 Alex Kiriloff MIN
7 Oswaldo Cabrera NYY
7 Jose Siri TB
6 Gavin Sheets CHW
5 Michael Brantley HOU
5 Akil Baddoo DET
5 A.J. Pollock SEA
5 Chas McCormick HOU
4 Oscar Colas CHW
4 Matt Vierling DET
4 Dylan Moore #SS SEA
4 Myles Straw CLE
4 Jarred Kelenic SEA
4 Kerry Carpenter DET
4 Max Kepler MIN
3 Kevin Kiermaier TOR
3 Kyle Isbel KC
3 Joey Gallo MIN
2 Leody Taveras TEX
2 Will Brennan CLE
2 Drew Waters KC
1 Enrique Hernandez BOS
1 Nate Eaton KC
0 Hunter Dozier #1B,3B KC
-2 Aledmys Diaz #2B OAK
-2 Josh Lowe TB
-4 Robbie Grossman TEX
-4 Mauricio Dubon #SS HOU
-5 Michael Taylor MIN
-5 Aaron Hicks NYY
-5 Jake Meyers HOU
-6 Jo Adell LAA
-7 Cristian Pache OAK
-7 Conner Capel OAK

Starting Pitchers

26 Gerrit Cole NYY
21 Alek Manoah TOR
21 Shane Bieber CLE
21 Kevin Gausman TOR
20 Shane McClellan TB
19 Jacob deGrom TEX
19 Shohei Ohtani LAA
18 Carlos Rodon NYY
18 Framber Valdez HOU
18 Luis Castillo SEA
17 Dylan Cease CHW

16 Cristian Javier HOU
15 Triston McKenzie CLE
15 Luis Severino NYY
14 Nestor Cortes NYY
14 Logan Gilbert SEA
14 Chris Bassitt TOR
14 Pablo Lopez MIN
13 Luis Garcia HOU
12 Brady Singer KC
12 Robbie Ray SEA
11 Drew Rasmussen TB
11 George Kirby SEA
11 Lance Lynn CHW
10 Tyler Glasnow TB
10 Garrett Whitlock BOS
10 Tyler Anderson LAA
10 Zach Eflin TB
10 Lucas Giolito CHW
10 Cal Quantrill CLE
10 Chris Sale BOS
9 Jose Berrios TOR
9 Sonny Gray MIN
9 Tyler Mahle MIN
9 Joe Ryan MIN
9 Nathan Eovaldi TEX
9 Jose Uquidy HOU
7 Domingo German NYY
7 Corey Kluber BOS
7 Jon Gray TEX
7 Lance McCullers HOU
7 Kenta Maeda MIN
6 Aaron Civale CLE
6 Martin Perez TEX
5 Patrick Sandoval LAA
5 Michael Kopech CHW
5 Jeffrey Springs TB
5 Andrew Heaney TEX
5 Cole Irvin BAL
5 Bailey Ober MIN
5 Zack Greinke KC
5 Marco Gonzales SEA
5 Eduardo Rodriguez DET
4 Reid Detmers LAA
4 Tarik Skubal DET
4 Zach Plesac CLE
4 Spencer Turnbull DET
3 Tyler Wells BAL
3 Hunter Brown HOU
3 Grayson Rodriguez BAL
2 James Paxton BOS
2 Mike Clevinger CHW
2 Matthew Boyd DET
2 Kyle Bradish BAL
1 Ryan Yarbrough KC
1 Nick Pivetta BOS
1 Dylan Bundy FA
1 Drew Rutschki OAK
1 Kyle Gibson BAL
1 Brayan Bello BOS
1 Chris Flexen SEA
1 Michael Pineda FA
0 Mitchell White TOR
0 Josh Fleming TB
-0 John Means BAL
-0 Michael Lorenzen DET
-0 Ken Waldichuk OAK
-1 James Kaprielian OAK
-1 Dean Kremer BAL
-2 Dane Dunning TEX
-2 Chris Archer FA
-2 Brad Keller KC
-2 Matt Manning DET
-2 Yusei Kikuchi TOR

-3 Jose Suarez LAA
-3 Chris Paddock MIN
-3 Hyun-Jin Ryu TOR
-3 Frankie Montas NYY
-3 Jordan Lyles KC
-3 Taj Bradley TB
-3 Shintaro Fujinami OAK
-3 Casey Mize DET
-3 Yoendrys Gomez NYY
-3 Randy Vasquez NYY
-4 Alex Faedo DET
-4 Dallas Keuchel FA
-4 Chase Silseth LAA
-4 Luis Patino TB
-4 Kyle Muller OAK
-4 Wilmer Flores DET
-4 Rony Garcia DET
-4 Simeon Woods Richardson MIN
-4 Joey Wentz DET
-5 Ky Bush LAA
-5 Tucker Davidson LAA
-5 Daniel Davis LAA
-5 Reese Olson DET
-5 Paul Blackburn OAK
-5 Aaron Sanchez MIN
-5 Jason Bilous CLE
-5 Jaime Barria LAA
-5 Jack Leiter TEX
-6 Ricky Vanasco TEX
-6 Jonathan Stiever CHW
-6 Clarke Schmidt NYY
-6 Cole Winn TEX
-6 Jordan Balazovic MIN

Relief Pitchers

33 Emmanuel Clase CLE
28 Jordan Romano TOR
27 Ryan Pressly HOU
23 Felix Bautista BAL
21 Clay Holmes NYY
21 Kenley Jansen BOS
17 Scott Barlow KC
14 Paul Sewald SEA
13 Peter Fairbanks TB
12 Kendall Graveman CHW
9 Jason Adam TB
8 Andres Munoz SEA
6 Jose Leclerc TEX
6 Carlos Estevez LAA
6 Jorge Lopez MIN
5 Alex Lange DET
5 Trevor May OAK
5 Jhoan Duran MIN
4 Rafael Montero HOU
4 Jimmy Herget LAA
1 Aaron Bummer CHW
1 Liam Hendriks CHW
0 Diego Castillo SEA
-0 Jonathan Loaisiga NYY
-0 Dillon Tate BAL
-1 Lou Trivino NYY
-1 Reynaldo Lopez CHW
-2 Will Smith TEX
-3 Adam Cimber TOR
-3 Zach Jackson OAK
-3 Joe Barlow TEX
-3 Chris Martin BOS
-3 James Karinchak CLE
-3 Cionel Perez BAL
-3 John Schreiber BOS
-4 Caleb Thielbar MIN
-4 Tanner Houck BOS
-4 Hector Neris HOU

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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206-527-4444

AL 5x5 - 12 TEAM LEAGUE

<https://www.fantasyindex.com>

5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These AL dollar values assume 12 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

35 Jose Ramirez	3B
31 Aaron Judge	OF
31 Julio Rodriguez	OF
30 Kyle Tucker	OF
30 Bo Bichette	SS
29 Gerrit Cole	SP
29 Shohei Ohtani	DH
28 Bobby Witt #3B	SS
27 Yordan Alvarez	OF
27 Mike Trout	OF
26 Vladimir Guerrero Jr.	1B
25 Cedric Mullins	OF
25 Rafael Devers	3B
24 Adolis Garcia	OF
23 Marcus Semien	2B
23 Randy Arozarena	OF
23 Daulton Varsho #OF	C
23 Kevin Gausman	SP
23 Luis Robert	OF
23 Dylan Cease	SP
23 Shane McClellanahan	SP
22 Shane Bieber	SP
22 Alek Manoah	SP
22 Andres Gimenez	2B
22 George Springer	OF
22 Emmanuel Clase	RP
21 Shohei Ohtani	SP
21 Teoscar Hernandez	OF
21 Corey Seager	SS
21 Luis Castillo	SP
20 Tim Anderson	SS
20 Framber Valdez	SP
20 Carlos Rodon	SP
20 Cristian Javier	SP
19 Jacob deGrom	SP
19 Jordan Romano	RP
19 Wander Franco	SS
19 Anthony Santander	OF
19 Amed Rosario	SS
19 Gunnar Henderson	3B
19 Gleyber Torres	2B
19 Triston McKenzie	SP
18 Adalberto Mondesi	SS
18 Robbie Ray	SP
18 Ryan Mountcastle	1B
18 Javier Baez	SS
18 Brandon Lowe	2B
18 Ryan Pressly	RP
18 Jeremy Pena	SS
18 Steven Kwan	OF

First Basemen

26 Vladimir Guerrero Jr.	TOR
18 Ryan Mountcastle	BAL
18 Jose Abreu	HOU
17 Vinnie Pasquantino	KC
17 Nate Lowe	TEX
15 Anthony Rizzo	NY
15 Ty France	SEA
15 Josh Bell	CLE
14 Triston Casas	BOS
14 Jose Miranda #3B	MIN
10 Spencer Torkelson	DET
10 Josh Naylor	CLE
8 Jared Walsh	LAA
7 Jesus Aguilar	OAK

Second Basemen

23 Marcus Semien	TEX
22 Andres Gimenez	CLE
19 Gleyber Torres	NY
18 Brandon Lowe	TB
17 Jose Altuve	HOU
16 Whit Merrifield #OF	TOR
14 Jorge Polanco	MIN
11 Kolten Wong	SEA
9 Adam Frazier #OF	BAL
9 Vidal Brujan #OF	TB
8 Tony Kemp #OF	OAK
8 Jonathan Schoop	DET
8 Luis Rengifo #3B	LAA
7 Santiago Espinal	TOR
6 Nicky Lopez #3B,SS	KC
6 Michael Massey	KC
6 Jonathan Villar #3B	FA
4 Trevor Story	BOS
1 Edouard Julien	MIN
1 Jonathan Aranda	TB
0 Cavan Biggio #1B	TOR
-0 Christian Arroyo	BOS
-1 David Fletcher #SS	LAA
-2 Cesar Hernandez	DET
-2 Leury Garcia #OF	CHW
-3 Jordan Diaz	OAK
-3 Jonah Bride #3B	OAK
-3 Samad Taylor	KC
-3 Yu Chang	BOS

Third Basemen

35 Jose Ramirez	CLE
25 Rafael Devers	BOS
19 Gunnar Henderson	BAL
18 Alex Bregman	HOU
17 Eugenio Suarez	SEA
16 Matt Chapman	TOR
13 Josh Jung	TEX
13 Justin Turner	BOS
13 D.J. LeMahieu #1B,2B	NY
12 Yandy Diaz	TB
11 Gio Urshela	LAA
11 Brandon Drury #1B,2B	LAA
11 Anthony Rendon	LAA
11 Yoan Moncada	CHW
10 Josh Donaldson	NY
7 Isaac Paredes #1B,2B	TB
3 Jace Peterson	OAK
2 Ezequiel Duran	TEX
0 Ryan Kreydler	DET
0 Ramon Urias #2B	BAL
-1 Josh H. Smith #OF	TEX
-2 Jake Burger	CHW
-2 Gabriel Arias	CLE
-2 Matt Duffy #1B	KC
-2 Kevin Smith	OAK
-3 Tyler Nevin	DET
-3 Tyler Freeman	CLE

Shortstops

30 Bo Bichette	TOR
28 Bobby Witt #3B	KC
21 Corey Seager	TEX
20 Tim Anderson	CHW
19 Wander Franco	TB
19 Amed Rosario	CLE

18 Adalberto Mondesi	BOS
18 Javier Baez	DET
18 Jeremy Pena	HOU
16 Carlos Correa	MIN
15 Seth Peraza	NY
13 Elvis Andrus	CHW
12 Jorge Mateo	BAL
8 J.P. Crawford	SEA
4 Nick Allen #2B	OAK
3 Isiah Kiner-Falefa	NY
3 Royce Lewis	MIN
2 Taylor Walls #2B,3B	TB
-1 Kyle Farmer #3B	MIN

Catchers

23 Daulton Varsho #OF	TOR
18 M.J. Melendez #OF	KC
17 Salvador Perez	KC
15 Adley Rutschman	BAL
13 Alejandro Kirk	TOR
12 Danny Jansen	TOR
10 Mike Zunino	CLE
9 Cal Raleigh	SEA
9 Eric Haase	DET
9 Gary Sanchez	FA
8 Christian Vazquez	MIN
7 Jonah Heim	TEX
7 Logan O'Hoppe	LAA
7 Christian Bethancourt #1B	TB
6 Yasmani Grandal	CHW
5 Jose Trevino	NY
4 Jorge Alfaro	BOS
4 James McCann	BAL
3 Bo Naylor	CLE
3 Martin Maldonado	HOU
3 Tom Murphy	SEA
2 Seby Zavala	CHW
2 Francisco Mejia	TB
1 Reese McGuire	BOS
1 Max Stassi	LAA
1 Ryan Jeffers	MIN
1 Manny Pina	OAK
0 Korey Lee	HOU
-1 Kyle Higashioka	NY
-1 Robinson Chirinos	FA
-2 Yainer Diaz	HOU
-2 Matt Thaiss	LAA
-2 Connor Wong	BOS
-2 Ben Rortvedt	NY
-2 Tyler Soderstrom	OAK
-3 Sam Huff	TEX

Designated Hitters

29 Shohei Ohtani	LAA
5 Shea Langeliers	OAK
2 Miguel Cabrera	DET
2 Franmil Reyes	KC
1 Mitch Garver	TEX

Outfielders

31 Aaron Judge	NY
31 Julio Rodriguez	SEA
30 Kyle Tucker	HOU
27 Yordan Alvarez	HOU
27 Mike Trout	LAA
25 Cedric Mullins	BAL
24 Adolis Garcia	TEX
23 Randy Arozarena	TB
23 Luis Robert	CHW
22 George Springer	TOR
21 Teoscar Hernandez	SEA
19 Anthony Santander	BAL
18 Steven Kwan	CLE

17 Eloy Jimenez	CHW
16 Byron Buxton	MIN
16 Taylor Ward	LAA
16 Hunter Renfroe	LAA
15 Seth Brown #1B	OAK
15 Masataka Yoshida	BOS
15 Harrison Bader	NY
14 Austin Hays	BAL
14 Adam Duvall	BOS
14 Edward Olivares	KC
14 Ramon Laureano	OAK
14 Manuel Margot	TB
13 Riley Greene	DET
13 Alex Verdugo	BOS
13 Andrew Benintendi	CHW
12 Giancarlo Stanton	NY
12 Nick Gordon	MIN
12 Esteury Ruiz	OAK
11 Bubba Thompson	TEX
11 Andrew Vaughn	CHW
11 Austin Meadows	DET
11 Kyle Stowers	BAL
11 Oscar Gonzalez	CLE
11 Jose Siri	TB
11 Myles Straw	CLE
10 Alex Kirilloff	MIN
10 Michael Brantley	HOU
10 Oswaldo Cabrera	NY
10 Oscar Colas	CHW
10 Akil Baddoo	DET
9 Joey Gallo	MIN
9 Max Kepler	MIN
9 Chas McCormick	HOU
9 A.J. Pollock	SEA
8 Matt Vierling	DET
8 Enrique Hernandez	BOS
8 Gavin Sheets	CHW
8 Jarred Kelenic	SEA
8 Kevin Kiermaier	TOR
8 Kyle Isbel	KC
8 Dylan Moore #SS	SEA
7 Leody Taveras	TEX
7 Kerry Carpenter	DET
7 Drew Waters	KC
6 Hunter Dozier #1B,3B	KC
6 Nate Eaton	KC
5 Will Brennan	CLE
4 Aledmys Diaz #2B	OAK
3 Aaron Hicks	NY
3 Josh Lowe	TB
2 Robbie Grossman	TEX
2 Mauricio Dubon #SS	HOU
2 Michael Taylor	MIN
1 Cristiane Pache	OAK
1 Jake Meyers	HOU
1 Jo Adell	LAA
-0 Conner Capel	OAK
-1 J.J. Bleday	OAK
-2 Jarren Duran	BOS
-2 Brad Miller #3B	TEX
-2 Sam Haggerty	SEA
-2 Rob Refsnyder	BOS
-2 Nomar Mazara	BAL
-2 Nick Maton	DET
-2 Daz Cameron	BAL
-3 Ryan McKenna	BAL
-3 Victor Reyes	CHW
-3 Willi Castro	MIN
-3 Clint Frazier	TEX
-3 Brett Phillips	LAA
-3 Cooper Hummel	SEA
-3 Mickey Moniak	LAA
-3 Estevan Florial	NY

Starting Pitchers

29 Gerrit Cole	NY
23 Kevin Gausman	TOR
23 Dylan Cease	CHW
23 Shane McClellanahan	TB
22 Shane Bieber	CLE
22 Alek Manoah	TOR
21 Luis Castillo	SEA
20 Framber Valdez	HOU
20 Carlos Rodon	NY
20 Cristian Javier	HOU
19 Jacob deGrom	TEX
19 Triston McKenzie	CLE
18 Robbie Ray	SEA
17 Logan Gilbert	SEA
16 Nestor Cortes	NY
16 Luis Severino	NY
16 Pablo Lopez	MIN
16 Luis Garcia	HOU
16 Brady Singer	KC
16 Lucas Giolito	CHW
16 Chris Bassitt	TOR
14 Lance Lynn	CHW
14 Chris Sale	BOS
13 Jose Berrios	TOR
13 Tyler Glasnow	TB
13 George Kirby	SEA
13 Tyler Mahle	MIN
13 Drew Rasmussen	TB
12 Joe Ryan	MIN
12 Nathan Eovaldi	TEX
12 Zach Eflin	TB
12 Cal Quantrill	CLE
11 Sonny Gray	MIN
11 Tyler Anderson	LAA
11 Garrett Whitlock	BOS
11 Jon Gray	TEX
11 Jose Urquidy	HOU
11 Patrick Sandoval	LAA
10 Andrew Heaney	TEX
10 Corey Kluber	BOS
10 Kenta Maeda	MIN
10 Aaron Civale	CLE
9 Lance McCullers	HOU
9 Michael Kopech	CHW
9 Martin Perez	TEX
9 Jeffrey Springs	TB
9 Domingo German	NY
8 Nick Pivetta	BOS
8 Eduardo Rodriguez	DET
8 Reid Detmers	LAA
8 Cole Irvin	BAL
7 Marco Gonzales	SEA
7 Hunter Brown	HOU
6 Zach Plesac	CLE
6 Matthew Boyd	DET
6 Tarik Skubal	DET
6 Spencer Turnbull	DET
6 Mike Clevinger	CHW
6 Zack Greinke	KC
5 James Paxton	BOS
5 Grayson Rodriguez	BAL
5 Kyle Gibson	BAL
5 Bailey Ober	MIN
5 Ken Waldichuk	OAK
5 Tyler Wells	BAL
4 Dylan Bundy	FA
4 Drew Rucinski	OAK
4 James Kaprielian	OAK
4 Kyle Bradish	BAL
4 Michael Lorenzen	DET
4 Yusei Kikuchi	TOR

3 Jordan Lyles	KC
3 Braylan Bello	BOS
3 Ryan Yarbrough	KC
3 Brad Keller	KC
3 Chris Flexen	SEA
3 Dean Kremer	BAL
2 Jose Suarez	LAA
2 Shintaro Fujinami	OAK
2 Mitchell White	TOR
2 Michael Pineda	FA
1 Chris Archer	FA
1 Matt Manning	DET
1 Dane Dunning	TEX
0 John Means	BAL
0 Kyle Muller	OAK
0 Josh Fleming	TB
-1 Tucker Davidson	LAA
-1 Luis Patino	TB
-1 Paul Blackburn	OAK
-1 Clarke Schmidt	NY
-2 Davis Martin	CHW
-2 Jaime Barria	LAA
-3 Dallas Keuchel	FA
-3 Frankie Montas	NY
-3 Chris Paddock	MIN
-3 Hyun-Jin Ryu	TOR
-3 Chase Silseth	LAA
-3 Taj Bradley	TB

Relief Pitchers

22 Emmanuel Clase	CLE
19 Jordan Romano	TOR
18 Ryan Pressly	HOU
16 Felix Bautista	BAL
15 Kenley Jansen	BOS
15 Clay Holmes	NY
13 Scott Barlow	KC
11 Paul Sewald	SEA
10 Peter Fairbanks	TB
9 Kendall Graveman	CHW
8 Jason Adam	TB
7 Andres Munoz	SEA
5 Jhoan Duran	MIN
5 Jose Leclerc	TEX
5 Alex Lange	DET
5 Carlos Estevez	LAA
5 Trevor May	OAK
5 Jorge Lopez	MIN
4 Rafael Montero	HOU
3 Jimmy Herget	LAA
2 Aaron Bummer	CHW
1 Diego Castillo	SEA
1 Jonathan Loaisiga	NY
1 Lou Trivino	NY
1 Tanner Houck	BOS
1 James Karinchak	CLE
0 Reynaldo Lopez	CHW
0 Hector Neris	HOU
-0 Dillon Tate	BAL
-0 Zach Jackson	OAK
-0 Will Smith	TEX
-0 Caleb Thielbar	MIN
-0 Liam Hendriks	CHW
-0 John Schreiber	BOS
-1 Emilio Pagan	MIN
-1 Colin Poche	TB
-1 Jalen Beeks	TB
-1 Adam Cimber	TOR
-1 Domingo Acevedo	OAK
-1 Yonny Chirinos	TB
-1 Chris Martin	BOS
-1 Cionel Perez	BAL
-1 Joe Barlow	TEX

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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206-527-4444

AL 4x4 - 12 TEAM LEAGUE

<https://www.fantasyindex.com>

4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These combined AL/NL dollar values assume 12 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

38 Jose Ramirez 3B
34 Kyle Tucker OF
33 Julio Rodriguez OF
33 Aaron Judge OF
32 Emmanuel Clase RP
31 Bo Bichette SS
31 Bobby Witt #3B SS
30 Shohei Ohtani DH
27 Yordan Alvarez OF
27 Jordan Romano RP
27 Mike Trout OF
26 Ryan Pressly RP
26 Cedric Mullins OF
26 Vladimir Guerrero Jr. 1B
26 Gerrit Cole SP
25 Adolis Garcia OF
25 Rafael Devers 3B
24 Andres Gimenez 2B
24 Randy Arozarena OF
24 Luis Robert OF
24 Daulton Varsho #OF C
23 Marcus Semien 2B
23 Felix Bautista RP
22 Teoscar Hernandez OF
22 Adalberto Mondesi SS
22 Alek Manoah SP
21 George Springer OF
21 Shane Bieber SP
21 Clay Holmes RP
21 Kevin Gausman SP
21 Kenley Jansen RP
21 Shane McClellan SP
21 Corey Seager SS
20 Tim Anderson SS
20 Jacob deGrom SP
20 Shohei Ohtani SP
19 Gunnar Henderson 3B
19 Gleyber Torres 2B
19 Carlos Rodon SP
19 Ryan Mountcastle 1B
19 Framber Valdez SP
19 Anthony Santander OF
19 Salvador Perez C
18 Amed Rosario SS
18 Javier Baez SS
18 Luis Castillo SP
18 Wander Franco SS
18 Dylan Cease SP
18 Jeremy Pena SS
18 Eloy Jimenez OF

First Basemen

26 Vladimir Guerrero Jr. TOR
19 Ryan Mountcastle BAL
18 Jose Abreu HOU
17 Vinnie Pasquantino KC
16 Nate Lowe TEX
15 Anthony Rizzo NYY
14 Ty France SEA
14 Jose Miranda #3B MIN
14 Josh Bell CLE
13 Triston Casas BOS
10 Josh Naylor CLE
9 Spencer Torkelson DET
8 Jared Walsh LAA
8 Jesus Aguilar OAK

7 Harold Ramirez #OF TB
6 Brandon Belt TOR
3 Miguel Sano FA
2 Bobby Dalbec #3B BOS
-1 Franchy Cordero #OF BAL

Second Basemen

24 Andres Gimenez CLE
23 Marcus Semien TEX
19 Gleyber Torres NYY
17 Brandon Lowe TB
16 Jose Altuve HOU
16 Whit Merrifield #OF TOR
13 Jorge Polanco MIN
11 Kolten Wong SEA
10 Vidal Brujan #OF TB
8 Adam Frazier #OF BAL
7 Santiago Espinal TOR
7 Luis Rengifo #3B LAA
7 Michael Massey KC
7 Tony Kemp #OF OAK
6 Jonathan Villar DET
6 Jonathan Schoop #3B FA
5 Trevor Story BOS
5 Nicky Lopez #3B,SS KC
1 Edouard Julien MIN
1 Jonathan Aranda TB
0 Christian Arroyo BOS
-1 Cavan Biggio #1B TOR
-1 David Fletcher #SS LAA
-2 Samad Taylor KC
-2 Leury Garcia #OF CHW

Third Basemen

38 Jose Ramirez CLE
25 Rafael Devers BOS
19 Gunnar Henderson BAL
16 Eugenio Suarez SEA
16 Alex Bregman HOU
14 Josh Jung TEX
14 Matt Chapman TOR
13 Justin Turner BOS
11 Gio Urshela LAA
11 Anthony Rendon LAA
11 D.J. LeMahieu #1B,2B NY
10 Yandy Diaz TB
9 Yoan Moncada CHW
9 Brandon Drury #1B,2B LAA
9 Josh Donaldson NYY
6 Isaac Paredes #1B,2B TB
3 Ezequiel Duran TEX
2 Jace Peterson OAK
1 Ryan Kreidler DET
0 Ramon Urias #2B BAL
-0 Josh H. Smith #OF TEX
-1 Gabriel Arias CLE
-1 Jake Burger CHW
-2 Kevin Smith OAK
-2 Matt Duffy #1B KC

Shortstops

31 Bo Bichette TOR
22 Adalberto Mondesi BOS
21 Corey Seager TEX
20 Tim Anderson CHW
18 Amed Rosario CLE
18 Javier Baez DET
18 Wander Franco TB
18 Jeremy Pena HOU
15 Carlos Correa MIN
15 Carlos Peraza NYY
14 Jorge Mateo BAL

13 Elvis Andrus CHW
6 J.P. Crawford SEA
4 Royce Lewis MIN
3 Isiah Kiner-Falefa NYY
3 Nick Allen #2B OAK
1 Taylor Walls #2B,3B TB
-1 Kyle Farmer #3B MIN

Catchers

24 Daulton Varsho #OFTOR
19 Salvador Perez KC
17 M.J. Melendez #OF KC
14 Adley Rutschman BAL
13 Alejandro Kirk TOR
11 Danny Jansen TOR
10 Cal Raleigh SEA
10 Eric Haase DET
9 Mike Zunino CLE
8 Gary Sanchez FA
8 Christian Vazquez MIN
8 Logan O'Hoppe LAA
7 Christian Bethancourt #1B TB
7 Jonah Heim TEX
6 Yasmani Grandal CHW
5 Jorge Alfaro BOS
5 Jose Trevino NYY
4 James McCann BAL
4 Bo Naylor CLE
3 Tom Murphy SEA
1 Francisco Mejia TB
1 Martin Maldonado HOU
1 Manny Pina OAK
1 Reese McGuire BOS
1 Seby Zavala CHW
1 Corey Lee HOU
1 Ryan Jeffers MIN
0 Max Stassi LAA
-0 Kyle Higashioka NYY
-0 Yainer Diaz HOU
-1 Connor Wong BOS
-1 Robinson Chirinos FA
-1 Tyler Soderstrom OAK
-1 Matt Thaiss LAA
-2 Sam Huff TEX

Designated Hitters

30 Shohei Ohtani LAA
4 Shea Langeliers OAK
2 Miguel Cabrera DET
2 Franmil Reyes KC
1 Mitch Garver TEX

Outfielders

34 Kyle Tucker HOU
33 Julio Rodriguez SEA
33 Aaron Judge NYY
27 Yordan Alvarez HOU
27 Mike Trout LAA
26 Cedric Mullins BAL
25 Adolis Garcia TEX
24 Randy Arozarena TB
24 Luis Robert CHW
22 Teoscar Hernandez SEA
21 George Springer TOR
19 Anthony Santander BAL
18 Eloy Jimenez CHW
17 Byron Buxton MIN
16 Steven Kwan CLE
16 Seth Brown #1B OAK
15 Hunter Renfroe LAA
15 Taylor Ward LAA
15 Edward Olivares KC
15 Manuel Margot TB

14 Harrison Bader NYY
14 Adam Duvall BOS
14 Giancarlo Stanton NYY
13 Bubba Thompson TEX
13 Andrew Benintendi CHW
13 Esteury Ruiz OAK
13 Nick Gordon MIN
13 Ramon Laureano OAK
13 Austin Hays BAL
12 Masataka Yoshida BOS
12 Kyle Stowers BAL
12 Alex Verdugo BOS
12 Riley Greene DET
12 Oscar Gonzalez CLE
11 Austin Meadows DET
11 Jose Siri TB
11 Oswaldo Cabrera NYY
11 Alex Kiriloff MIN
11 Andrew Vaughn CHW
9 Akiel Baddoo DET
9 Myles Straw CLE
9 Michael Brantley HOU
9 Dylan Moore #SS SEA
9 Matt Vierling DET
9 Gavin Sheets CHW
9 A.J. Pollock SEA
9 Chas McCormick HOU
8 Jarred Kelenic SEA
8 Kyle Isbel KC
8 Oscar Colas CHW
8 Kevin Kiermaier TOR
8 Max Kepler MIN
8 Kerry Carpenter DET
7 Leody Taveras TEX
7 Joey Gallo MIN
7 Will Brennan CLE
7 Drew Waters KC
7 Nate Eaton KC
6 Enrique Hernandez BOS
5 Hunter Dozier #1B,3B KC
4 Josh Lowe TB
4 Aledmys Diaz #2B OAK
2 Robbie Grossman TEX
2 Mauricio Dubon #SS HOU
2 Michael Taylor MIN
2 Aaron Hicks NYY
1 Jake Meyers HOU
1 Jo Adell LAA
0 Cristian Pache OAK
-0 Conner Capel OAK
-1 Jaren Duran BOS
-1 Sam Haggerty SEA
-1 Brad Miller #3B TEX
-2 Daz Cameron BAL
-2 Victor Reyes CHW
-2 Rob Refsnyder BOS
-2 Nomar Mazara BAL
-2 J.J. Bleday OAK
-2 Ryan McKenna BAL
-2 Nick Maton DET
-2 Willi Castro MIN

Starting Pitchers

26 Gerrit Cole NYY
22 Alek Manoah TOR
21 Shane Bieber CLE
21 Kevin Gausman TOR
21 Shane McClellan TB
20 Jacob deGrom TEX
20 Shohei Ohtani LAA
19 Carlos Rodon NYY
19 Framber Valdez HOU
18 Luis Castillo SEA

18 Dylan Cease CHW
17 Cristian Javier HOU
16 Triston McKenzie CLE
16 Luis Severino NYY
15 Nestor Cortes NYY
15 Logan Gilbert SEA
15 Chris Bassitt TOR
15 Pablo Lopez MIN
14 Luis Garcia HOU
14 Brady Singer KC
13 Robbie Ray SEA
12 Drew Rasmussen TB
12 George Kirby SEA
12 Lance Lynn CHW
12 Tyler Glasnow TB
12 Garrett Whitlock BOS
12 Tyler Anderson LAA
11 Zach Effin TB
11 Lucas Giolito CHW
11 Chris Sale BOS
11 Cal Quantrill CLE
11 Sonny Gray MIN
11 Jose Berrios TOR
11 Tyler Mahle MIN
10 Joe Ryan MIN
10 Nathan Eovaldi TEX
10 Jose Urquidy HOU
9 Domingo German NYY
9 Jon Gray TEX
9 Corey Kluber BOS
9 Lance McCullers HOU
8 Kenta Maeda MIN
8 Aaron Civale CLE
7 Michael Kopech CHW
7 Martin Perez TEX
7 Patrick Sandoval LAA
7 Bailey Ober MIN
7 Jeffrey Springs TB
7 Andrew Heaney TEX
7 Zack Greinke KC
7 Eduardo Rodriguez DET
7 Cole Irvin BAL
7 Marco Gonzales SEA
6 Tarik Skubal DET
6 Reid Detmers LAA
6 Spencer Turnbull DET
6 Zach Plesac CLE
6 Tyler Wells BAL
5 Hunter Brown HOU
5 Grayson Rodriguez BAL
5 James Paxton BOS
4 Mike Clevinger CHW
4 Kyle Bradish BAL
4 Matthew Boyd DET
4 Ryan Yarbrough KC
4 Brayan Bello BOS
4 Michael Pineda FA
3 Drew Rucinski OAK
3 Chris Flexen SEA
3 Dylan Bundy FA
3 Kyle Gibson BAL
3 Nick Pivetta BOS
3 John Means BAL
3 Josh Fleming TB
3 Mitchell White TOR
2 Michael Lorenzen DET
2 Ken Waldichuk OAK
2 James Kaprielian OAK
1 Dane Dunning TEX
1 Dean Kremer BAL
1 Chris Archer FA
1 Chris Paddock MIN
1 Hyun-Jin Ryu TOR

1 Frankie Montas NYY
1 Matt Manning DET
1 Taj Bradley TB
1 Brad Keller KC
0 Yoendrys Gomez NYY
0 Randy Vasquez NYY
0 Casey Mize DET
0 Yusei Kikuchi TOR
0 Jose Suarez LAA
-0 Alex Faedo DET
-0 Shintaro Fujinami OAK
-0 Jordan Lyles KC
-0 Chase Silseth LAA
-0 Dallas Keuchel FA
-1 Wilmer Flores DET
-1 Rony Garcia DET
-1 Simeon Woods Richardson MIN
-1 Luis Patino TB
-1 Joey Wentz DET
-1 Ky Bush LAA
-1 Kyle Muller OAK
-1 Daniel Davis LAA
-1 Reese Olson DET
-1 Jason Bilous CLE
-1 Aaron Sanchez MIN
-2 Jack Leiter TEX
-2 Tucker Davidson LAA
-2 Paul Blackburn OAK
-2 Ricky Vanasco TEX
-2 Jaime Barria LAA
-2 Jonathan Stiever CHW
-2 Cole Winn TEX

Relief Pitchers

32 Emmanuel Clase CLE
27 Jordan Romano TOR
26 Ryan Pressly HOU
23 Felix Bautista BAL
21 Clay Holmes NYY
21 Kenley Jansen BOS
21 Scott Barlow KC
15 Paul Sewald SEA
15 Peter Fairbanks TB
14 Kendall Graveman CHW
11 Jason Adam TB
10 Andres Munoz SEA
8 Jose Leclerc TEX
8 Carlos Estevez LAA
8 Jorge Lopez MIN
7 Trevor May OAK
7 Alex Lange DET
7 Jhoan Duran MIN
7 Rafael Montero HOU
6 Jimmy Herget LAA
4 Aaron Bummer CHW
4 Liam Hendriks CHW
3 Diego Castillo SEA
3 Jonathan Loaisiga NYY
2 Dillon Tate BAL
2 Lou Trivino NYY
2 Reynaldo Lopez CHW
1 Will Smith TEX
1 Adam Cimber TOR
0 Zach Jackson OAK
0 Joe Barlow TEX
0 Chris Martin BOS
-0 James Karinchak CLE
-0 John Schreiber BOS
-0 Caleb Thielbar MIN
-0 Cionel Perez BAL
-0 Hector Neris HOU
-0 Tanner Houck BOS
-0 Colin Poche TB

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX **March 23, 2023**

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NL 5x5 - 10 TEAM LEAGUE

<https://www.fantasyindex.com>

5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These NL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.
#played 20 or more games at more than one position in 2022

Top Picks

39 Trea Turner SS
 34 Ronald Acuna OF
 30 Freddie Freeman 1B
 30 Corbin Burnes SP
 30 Manny Machado 3B
 29 Fernando Tatis Jr. SS
 29 Mookie Betts OF
 28 Juan Soto OF
 28 J.T. Realmuto C
 28 Michael Harris OF
 27 Paul Goldschmidt 1B
 27 Pete Alonso 1B
 26 Matt Olson 1B
 26 Will Smith C
 25 Aaron Nola SP
 25 Francisco Lindor SS
 24 Austin Riley 3B
 24 Oneil Cruz SS
 24 Brandon Woodruff SP
 24 Zack Wheeler SP
 23 Kyle Schwarber OF
 23 Corbin Carroll OF
 23 Max Scherzer SP
 23 Dansby Swanson SS
 23 Jazz Chisholm 2B
 22 Tommy Edman #SS 2B
 22 Ozzie Albies 2B
 22 Justin Verlander SP
 22 Julio Urias SP
 21 Max Fried SP
 21 Yu Darvish SP
 21 Jake McCarthy OF
 21 Zac Gallen SP
 20 Logan Webb SP
 20 Devin Williams RP
 20 Tyler Stephenson C
 19 Tyler O'Neill OF
 19 Xander Bogaerts SS
 19 Starling Marte OF
 19 Raisel Iglesias RP
 19 Spencer Strider SP
 18 Nolan Arenado 3B
 18 Josh Hader RP
 18 Joe Musgrove SP
 18 Willy Adames SS
 18 Josh Rojas #2B 3B
 17 Bryan Reynolds OF
 17 CJ Abrams SS
 17 Wil Myers #1B OF
 17 Vaughn Grissom 2B
 17 Gabriel Moreno C
 17 Sean Murphy C
 17 C.J. Cron 1B
 17 William Contreras C
 17 Jake Cronenworth #1B 2B
 17 Willson Contreras C
 16 Jordan Montgomery SP
 16 Nico Hoerner SS
 16 Kris Bryant OF
 16 Christian Yelich OF
 16 Blake Snell SP
 16 Ke'Bryan Hayes 3B
 16 Christian Walker 1B
 15 Charlie Morton SP
 15 Rhys Hoskins 1B
 15 Thairo Estrada #SS 2B

First Basemen

30 Freddie Freeman LAD
 27 Paul Goldschmidt STL
 27 Pete Alonso NYM
 26 Matt Olson ATL
 17 C.J. Cron COL
 16 Christian Walker ARZ
 15 Rhys Hoskins PHI
 14 Rowdy Tellez MIL
 11 Luis Arraez #2B MIA
 10 Miguel Vargas LAD
 9 Joey Meneses #OF WAS
 6 Carlos Santana PIT
 4 Joey Votto CIN
 4 Eric Hosmer CHC
 4 Trey Mancini #OF CHC
 3 Garrett Cooper MIA
 2 Dominic Smith WAS
 2 Matt Mervis CHC
 1 Ji-Man Choi PIT
 -2 Keston Hiura MIL
 -4 Harold Castro #3B COL
 -5 Luke Voit MIL

Second Basemen

23 Jazz Chisholm MIA
 22 Tommy Edman #SS STL
 22 Ozzie Albies ATL
 17 Vaughn Grissom ATL
 17 Jake Cronenworth #1B SD
 15 Thairo Estrada #SS SF
 12 Jonathan India CIN
 11 Jeff McNeil #OF NYM
 11 Ketel Marte ARZ
 11 Jean Segura MIA
 4 Wilmer Flores #1B,3B SF
 4 Rodolfo Castro #3B PIT
 3 Jon Berti #3B MIA
 -1 Kevin Newman #SS CIN
 -4 Orlando Arcia ATL

Third Basemen

30 Manny Machado SD
 24 Austin Riley ATL
 18 Nolan Arenado STL
 18 Josh Rojas #2B ARZ
 16 Ke'Bryan Hayes PIT
 13 Alec Bohm PHI
 12 Max Muncy #2B LAD
 10 Ryan McMahon COL
 9 Brett Baty NYM
 9 Jeimer Candelario WAS
 9 Jordan Walker STL
 7 Joey Wendle #1B,SS MIA
 7 Luis Urias #2B,SS MIL
 5 Spencer Steer CIN
 5 Patrick Wisdom CHC
 5 J.D. Davis SF
 3 Eduardo Escobar NYM
 1 David Villar SF
 -1 Brian Anderson #OFMIL
 -3 Evan Longoria ARZ
 -3 Carter Kieboom WAS

Shortstops

39 Trea Turner PHI
 29 Fernando Tatis Jr. SD
 25 Francisco Lindor NYM
 24 Oneil Cruz PIT
 23 Dansby Swanson CHC
 19 Xander Bogaerts SD
 18 Willy Adames MIL
 17 CJ Abrams WAS

16 Nico Hoerner CHC
 10 Luis Garcia #2B WAS
 10 Bryson Stott #2B PHI
 9 Ezequiel Tovar COL
 7 Ha-Seong Kim #3B SD
 5 Brandon Crawford SF
 1 Miguel Rojas LAD
 -0 Nick Ahmed ARZ
 -2 Jose Garcia CIN
 -2 Didi Gregorius FA
 -4 Alan Trejo COL

Catchers

28 J.T. Realmuto PHI
 26 Will Smith LAD
 20 Tyler Stephenson CIN
 17 Gabriel Moreno ARZ
 17 Sean Murphy ATL
 17 William Contreras MIL
 17 Willson Contreras STL
 15 Keibert Ruiz WAS
 11 Travis d'Arnaud ATL
 8 Austin Nola SD
 7 Francisco Alvarez NYM
 7 Elias Diaz COL
 5 Joey Bart SF
 5 Nick Fortes MIA
 4 Yan Gomes CHC
 3 Jacob Stallings MIA
 2 Omar Narvaez NYM
 2 Victor Caratini MIL
 2 Carson Kelly ARZ
 1 Tucker Barnhart CHC
 1 Austin Barnes LAD
 1 Brian Serven COL
 1 Tomas Nido NYM
 0 Austin Hedges PIT
 -0 Pedro Severino SD
 -1 Curt Casali CIN
 -1 Andrew Knizner STL
 -1 Garrett Stubbs PHI
 -1 Ivan Herrera STL
 -1 Riley Adams WAS
 -2 Kevin Plawecki PIT
 -2 Blake Sabol SF
 -3 Luis Campusano SD
 -3 Austyn Wynn SF
 -3 Luke Maile CIN
 -3 Luis Torrens CHC
 -3 P.J. Higgins #1B ARZ
 -4 Roberto Perez SF
 -4 Ford Proctor SF
 -4 Endy Rodriguez PIT
 -4 Henry Davis PIT
 -4 Alex Jackson MIL
 -4 Jose Herrera ARZ
 -4 Austin Romine CIN

Designated Hitters

14 J.D. Martinez LAD
 4 Nelson Cruz SD
 3 Bryce Harper PHI
 -4 Darick Hall PHI

Outfielders

34 Ronald Acuna ATL
 29 Mookie Betts LAD
 28 Juan Soto SD
 28 Michael Harris ATL
 23 Kyle Schwarber PHI
 23 Corbin Carroll ARZ
 21 Jake McCarthy ARZ
 19 Tyler O'Neill STL

19 Starling Marte NYM
 17 Bryan Reynolds PIT
 17 Wil Myers #1B CIN
 16 Kris Bryant COL
 16 Christian Yelich MIL
 14 Seiya Suzuki CHC
 14 Cody Bellinger CHC
 14 Ian Happ CHC
 14 Nick Castellanos PHI
 14 Brandon Nimmo NYM
 12 Lars Nootbaar STL
 11 Lourdes Gurriel Jr. ARZ
 11 Mitch Haniger SF
 10 Trent Grisham SD
 10 Dylan Carlson STL
 9 Charlie Blackmon COL
 9 Andrew McCutchen PIT
 9 Mark Canha NYM
 9 Jake Fraley CIN
 9 Mike Yastrzemski SF
 9 Randal Grichuk COL
 9 Lane Thomas WAS
 8 Trayce Thompson LAD
 8 Jesse Winker MIL
 8 Marcell Ozuna ATL
 8 Jurickson Profar COL
 8 Michael Conforto SF
 8 Avisail Garcia MIA
 7 Tyrone Taylor MIL
 7 Brandon Marsh PHI
 7 Garrett Mitchell MIL
 7 Chris Taylor LAD
 6 TJ Friedl CIN
 6 JC Pederson SF
 5 Juan Yépez STL
 5 Eddie Rosario ATL
 5 Nick Senzel CIN
 4 Jesus Sanchez MIA
 4 Bryan De La Cruz MIA
 4 Jorge Soler MIA
 3 Christopher Morel #2B CHC
 3 Brendan Donovan #2B,3B STL
 3 Cal Mitchell PIT
 2 Victor Robles WAS
 2 Alek Thomas ARZ
 0 Austin Slater SF
 -0 Corey Dickerson WAS
 -1 Lamonte Wade #1B SF
 -1 Jack Suwinski PIT
 -1 Sai Frelick MIL
 -1 David Peralta LAD
 -1 Tommy Pham NYM
 -2 Nick Solak CIN
 -2 Matt Carpenter SD
 -2 Yonathan Daza COL
 -5 Yadiel Hernandez WAS
 -5 Chad Pinder CIN
 -5 Pavin Smith ARZ
 -5 Nolan Jones COL
 -6 Stone Garrett WAS
 -6 Odubel Herrera FA
 -6 Connor Joe #1B PIT
 -6 Ji Hwan Bae PIT

Starting Pitchers

30 Corbin Burnes MIL
 25 Aaron Nola PHI
 24 Brandon Woodruff MIL
 24 Zack Wheeler PHI
 23 Max Scherzer NYM
 22 Justin Verlander NYM
 22 Julio Urias LAD
 21 Max Fried ATL

21 Sandy Alcantara MIA
 21 Yu Darvish SD
 21 Zac Gallen ARZ
 20 Logan Webb SF
 19 Spencer Strider ATL
 18 Joe Musgrove SD
 16 Jordan Montgomery STL
 16 Blake Snell SD
 15 Charlie Morton ATL
 14 Nick Lodolo CIN
 13 Clayton Kershaw LAD
 13 Kyle Wright ATL
 13 Alex Cobb SF
 13 Jesus Luzardo MIA
 13 Tony Gonsolin LAD
 13 Sean Manaea SF
 13 Freddy Peralta MIL
 13 Merrill Kelly ARZ
 11 Hunter Greene CIN
 11 Miles Mikolas STL
 11 Jameson Taillon CHC
 10 Adam Wainwright STL
 10 Ranger Suarez PHI
 10 Jack Flaherty STL
 10 German Marquez COL
 10 Carlos Carrasco NYM
 9 Dustin May LAD
 9 Marcus Stroman CHC
 9 Taijuan Walker PHI
 9 Eric Lauer MIL
 9 Justin Steele CHC
 8 Ross Stripling SF
 8 Kodai Senga NYM
 7 Alex Wood SF
 7 Noah Syndergaard LAD
 6 Aaron Ashby MIL
 6 Trevor Rogers MIA
 6 Michael Wacha SD
 6 JT Brubaker PIT
 6 Anthony DeSclafani SF
 5 Nick Martinez SD
 5 David Peterson NYM
 5 Johnny Cueto MIA
 4 Roansy Contreras PIT
 4 Wade Miley MIL
 4 Hayden Wesneski CHC
 4 Mitch Keller PIT
 3 Steven Matz STL
 3 Austin Gomber COL
 3 Edward Cabrera MIA
 3 Josiah Gray WAS
 3 Kyle Freeland COL
 2 Madison Bumgarner ARZ
 2 Rich Hill PIT
 2 Kyle Hendricks CHC
 2 Jose Quintana NYM
 2 Mike Soroka ATL
 2 Trevor Williams WAS
 1 Bailey Falter PHI
 1 Mike Minor FA
 1 Braxton Garrett MIA
 1 Dakota Hudson STL
 1 Patrick Corbin WAS
 1 Ryne Nelson ARZ
 1 Drew Smyly CHC
 0 Graham Ashcraft CIN
 -0 Paolo Espino WAS
 -0 Connor Overton CIN
 -1 Zach Davies ARZ
 -1 Andrew Painter PHI
 -1 Antonio Senzatella COL
 -2 Alec Mills FA
 -2 Wilmer Font SD

Relief Pitchers

20 Devin Williams MIL
 19 Raisel Iglesias ATL
 18 Josh Hader SD
 15 Camilo Doval SF
 13 Ryan Helsley STL
 12 Daniel Bard COL
 11 David Robertson NYM
 10 Alexis Diaz CIN
 10 David Bednar PIT
 9 Daniel Hudson LAD
 9 Craig Kimbrel PHI
 9 Evan Phillips LAD
 7 Kyle Finnegan WAS
 7 Dylan Floro MIA
 6 Giovanni Gallegos STL
 3 Andrew Chafin ARZ
 3 A.J. Minter ATL
 2 Taylor Rogers SF
 2 Seranthony Dominguez PHI
 1 Kevin Ginkel ARZ
 1 Collin McHugh ATL
 0 Brandon Hughes CHC
 -0 Joe Mantiply ARZ
 -1 Michael Fulmer CHC
 -1 Tylor Megill NYM
 -1 Tanner Scott MIA
 -1 Brusdar Graterol LAD
 -1 Brooks Raley NYM
 -1 Tyler Rogers SF
 -1 Seth Lugo SD
 -2 Dylan Lee ATL
 -2 Gregory Soto PHI
 -2 Alex Vesia LAD
 -2 Adam Ottavino NYM
 -2 Andrew Bellatti PHI
 -2 Hoby Milner MIL
 -2 Mark Melancon ARZ
 -2 Corey Knebel FA
 -2 Erasmo Ramirez WAS
 -2 Robert Suarez SD
 -3 Lucas Luetge ATL
 -3 Joe Jimenez ATL
 -3 Jimmy Nelson LAD
 -3 Michael Tonkin ATL
 -3 John Brebbia SF
 -3 Luis Garcia SD
 -3 Matt Barnes MIA

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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NL 4x4 - 10 TEAM LEAGUE

<https://www.fantasyindex.com>

4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These NL dollar values assume 10 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

43 Trea Turner	SS
36 Ronald Acuna	OF
31 Fernando Tatis Jr.	SS
31 Manny Machado	3B
31 Michael Harris	OF
30 Freddie Freeman	1B
30 J.T. Realmuto	C
29 Pete Alonso	1B
28 Paul Goldschmidt	1B
28 Juan Soto	OF
28 Raisel Iglesias	RP
28 Devin Williams	RP
27 Corbin Burnes	SP
27 Mookie Betts	OF
26 Matt Olson	1B
26 Josh Hader	RP
26 Will Smith	C
25 Francisco Lindor	SS
25 Oneil Cruz	SS
25 Corbin Carroll	OF
25 Austin Riley	3B
25 Jazz Chisholm	2B
24 Jake McCarthy	OF
23 Kyle Schwarber	OF
23 Dansby Swanson	SS
22 Ozzie Albies	2B
22 Justin Verlander	SP
22 Zack Wheeler	SP
22 Tommy Edman #SS	2B
22 Aaron Nola	SP
22 Max Fried	SP
22 Max Scherzer	SP
21 Julio Urias	SP
21 Camilo Doval	RP
21 Brandon Woodruff	SP
20 Starling Marte	OF
20 Nolan Arenado	3B
20 Tyler O'Neill	OF
20 Zac Gallen	SP
20 Ryan Helsley	RP
20 Logan Webb	SP
19 Daniel Bard	RP
19 Xander Bogaerts	SS
19 Wil Myers #1B	OF
19 Tyler Stephenson	C
19 Vaughn Grissom	2B
19 Josh Rojas #2B	3B
19 Yu Darvish	SP
18 Nico Hoerner	SS
18 C.J. Cron	1B
17 Gabriel Moreno	C
17 Ke'Bryan Hayes	3B
17 Bryan Reynolds	OF
17 Willy Adames	SS
17 CJ Abrams	SS
17 William Contreras	C
16 David Robertson	RP
16 Sean Murphy	C
16 Joe Musgrove	SP
16 Keibert Ruiz	C
16 David Bednar	RP
16 Jordan Montgomery	SP
15 Willson Contreras	C
15 Thairo Estrada #SS	2B
15 Seiya Suzuki	OF
15 Christian Walker	1B

First Basemen

30 Freddie Freeman	LAD
29 Pete Alonso	NYM
28 Paul Goldschmidt	STL
26 Matt Olson	ATL
18 C.J. Cron	COL
15 Christian Walker	ARZ
14 Rowdy Tellez	MIL
14 Rhys Hoskins	PHI
11 Miguel Vargas	LAD
10 Joey Meneses #OF	WAS
8 Luis Arraez #2B	MIA
5 Eric Hosmer	CHC
5 Carlos Santana	PIT
4 Joey Votto	CIN
4 Garrett Cooper	MIA
3 Trey Mancini #OF	CHC
2 Matt Mervis	CHC
2 Dominic Smith	WAS
1 Ji-Man Choi	PIT
-1 Keston Hiura	MIL
-3 Harold Castro #3B	COL
-4 Luke Voit	MIL

Second Basemen

25 Jazz Chisholm	MIA
22 Ozzie Albies	ATL
22 Tommy Edman #SS	STL
19 Vaughn Grissom	ATL
15 Thairo Estrada #SS	SF
13 Jake Cronenworth #1B	SD
11 Jonathan India	CIN
11 Ketel Marte	ARZ
10 Jeff McNeil #OF	NYM
10 Jean Segura	MIA
4 Rodolfo Castro #3B	PIT
3 Jon Berti #3B	MIA
3 Wilmer Flores #1B,3B	SF
-0 Kevin Newman #SS	CIN
-4 Orlando Arcia	ATL

Third Basemen

31 Manny Machado	SD
25 Austin Riley	ATL
20 Nolan Arenado	STL
19 Josh Rojas #2B	ARZ
17 Ke'Bryan Hayes	PIT
12 Alec Bohm	PHI
10 Jordan Walker	STL
10 Ryan McMahon	COL
10 Max Muncy #2B	LAD
9 Brett Baty	NYM
8 Jeimer Candelario	WAS
7 Joey Wendle #1B,SS	MIA
5 Luis Urias #2B,SS	MIL
4 Patrick Wisdom	CHC
4 J.D. Davis	SF
4 Spencer Steer	CIN
3 Eduardo Escobar	NYM
0 David Villar	SF
-2 Brian Anderson #OF	MIL
-3 Evan Longoria	ARZ

Shortstops

43 Trea Turner	PHI
31 Fernando Tatis Jr.	SD
25 Francisco Lindor	NYM
25 Oneil Cruz	PIT
23 Dansby Swanson	CHC
19 Xander Bogaerts	SD
18 Nico Hoerner	CHC
17 Willy Adames	MIL
17 CJ Abrams	WAS

10 Luis Garcia #2B	WAS
9 Bryson Stott #2B	PHI
9 Ezequiel Tovar	COL
8 Ha-Seong Kim #3B	SD
4 Brandon Crawford	SF
2 Miguel Rojas	LAD
-1 Jose Garcia	CIN
-1 Nick Ahmed	ARZ
-2 Didi Gregorius	FA
-3 Alan Trejo	COL

Catchers

30 J.T. Realmuto	PHI
26 Will Smith	LAD
19 Tyler Stephenson	CIN
17 Gabriel Moreno	ARZ
17 William Contreras	MIL
16 Sean Murphy	ATL
16 Keibert Ruiz	WAS
15 Willson Contreras	STL
12 Travis d'Arnaud	ATL
8 Austin Nola	SD
8 Francisco Alvarez	NYM
7 Elias Diaz	COL
5 Nick Fortes	MIA
5 Joey Bart	SF
5 Yan Gomes	CHC
3 Jacob Stallings	MIA
2 Victor Caratini	MIL
2 Carson Kelly	ARZ
1 Omar Narvaez	NYM
1 Brian Serven	COL
1 Austin Barnes	LAD
0 Pedro Severino	SD
0 Tucker Barnhart	CHC
0 Tomas Nido	NYM
-1 Ivan Herrera	STL
-1 Garrett Stubbs	PHI
-1 Curt Casali	CIN
-1 Austin Hedges	PIT
-1 Blake Sabol	SF
-1 Riley Adams	WAS
-2 Kevin Plawecki	PIT
-2 Andrew Knizner	STL
-2 Luis Campusano	SD
-2 Austin Wynns	SF
-2 Luis Torrens	CHC

Designated Hitters

13 J.D. Martinez	LAD
4 Bryce Harper	PHI
4 Nelson Cruz	SD
-3 Darick Hall	PHI

Outfielders

36 Ronald Acuna	ATL
31 Michael Harris	ATL
28 Juan Soto	SD
27 Mookie Betts	LAD
25 Corbin Carroll	ARZ
24 Jake McCarthy	ARZ
23 Kyle Schwarber	PHI
20 Starling Marte	NYM
20 Tyler O'Neill	STL
19 Wil Myers #1B	CIN
17 Bryan Reynolds	PIT
15 Seiya Suzuki	CHC
15 Kris Bryant	COL
14 Nick Castellanos	PHI
14 Cody Bellinger	CHC
13 Ian Happ	CHC
13 Lourdes Gurriel Jr.	CHC
12 Christian Yelich	MIL

11 Jake Fraley	CIN
11 Lars Nootbaar	STL
10 Charlie Blackmon	COL
10 Randal Grichuk	COL
10 Mitch Haniger	SF
9 Brandon Nimmo	NYM
9 Trayce Thompson	LAD
9 Marcell Ozuna	ATL
9 Garrett Mitchell	MIL
9 Trent Grisham	SD
9 Avisail Garcia	MIA
8 Andrew McCutchen	PIT
8 Dylan Carlson	STL
8 Lane Thomas	WAS
8 Tyrone Taylor	MIL
7 Jesse Winker	MIL
7 Brandon Marsh	PHI
7 Jurickson Profar	COL
6 TJ Friedl	CIN
6 Michael Conforto	SF
6 Mike Yastrzemski	SF
6 Joc Pederson	SF
6 Mark Canha	NYM
6 Chris Taylor	LAD
5 Juan Yezre	STL
5 Eddie Rosario	ATL
5 Bryan De La Cruz	MIA
4 Jesus Sanchez	MIA
4 Cal Mitchell	PIT
4 Christopher Morel #2B	CHC
4 Jorge Soler	MIA
3 Nick Senzel	CIN
3 Nick Thomas	ARZ
2 Victor Robles	WAS
1 Brendan Donovan #2B,3B	STL
1 Austin Slater	SF
0 Sal Frelick	MIL
0 Corey Dickerson	WAS
-1 David Peralta	LAD
-2 Nick Solak	CIN
-2 Lamonte Wade #1B	SF
-2 Jack Suwinski	PIT
-2 Tommy Pham	NYM
-2 Matt Carpenter	SD
-2 Yonathan Daza	COL
-4 Yadiel Hernandez	WAS
-4 Stone Garrett	WAS

Starting Pitchers

27 Corbin Burnes	MIL
22 Justin Verlander	NYM
22 Zack Wheeler	PHI
22 Aaron Nola	PHI
22 Max Fried	ATL
22 Max Scherzer	NYM
21 Julio Urias	LAD
21 Brandon Woodruff	MIL
20 Sandy Alcantara	MIA
20 Zac Gallen	ARZ
20 Logan Webb	SF
19 Yu Darvish	SD
16 Joe Musgrove	SD
16 Jordan Montgomery	STL
15 Clayton Kershaw	LAD
14 Spencer Strider	ATL
13 Tony Gonsolin	LAD
12 Freddy Peralta	MIL
12 Kris Cobb	SF
12 Charlie Morton	ATL
11 Blake Snell	SD
11 Kyle Wright	ATL
10 Miles Mikolas	STL
10 Merrill Kelly	ARZ

10 Nick Lodolo	CIN
10 Jesus Luzardo	MIA
10 Adam Wainwright	STL
9 Ranger Suarez	PHI
9 Marcus Stroman	CHC
9 Sean Manaea	SF
8 Jameson Taillon	CHC
8 Ross Stripling	SF
8 Taijuan Walker	PHI
8 Dustin May	LAD
8 Jack Flaherty	STL
8 Noah Syndergaard	LAD
7 Hunter Greene	CIN
7 Alex Wood	SF
7 Eric Lauer	MIL
6 Carlos Carrasco	NYM
6 Kodai Senga	NYM
6 Justin Steele	CHC
5 Anthony DeSclafani	SF
5 German Marquez	COL
5 Michael Wacha	SD
5 Aaron Ashby	MIL
5 Wade Miley	MIL
4 Mike Soroka	ATL
4 Jose Quintana	NYM
3 Nick Martinez	SD
3 Johnny Cueto	MIA
3 Connor Overton	CIN
3 Steven Matz	STL
3 Hayden Wesneski	CHC
3 Dakota Hudson	STL
3 Trevor Rogers	MIA
3 David Peterson	NYM
2 Kyle Hendricks	CHC
2 Roansy Contreras	PIT
1 Trevor Williams	WAS
1 Rich Hill	PIT
1 Andrew Painter	PHI
1 Sixto Sanchez	MIA
1 Austin Gomber	COL
1 Edward Cabrera	MIA
0 Braxton Garrett	MIA
0 JT Brubaker	PIT
-0 Bailey Falter	PHI
-1 Joe Ross	FA
-1 Madison Bumgarner	ARZ
-1 Mike Minor	FA
-1 Drew Smyly	CHC
-1 Graham Ashcraft	CIN
-1 Stephen Strasburg	WAS
-1 Ian Anderson	ATL
-1 Mitch Keller	PIT
-1 Kyle Freeland	COL
-2 Bryce Elder	ATL
-2 Ryne Nelson	ARZ
-2 Paolo Espino	WAS
-2 Kent Emanuel	PHI
-2 Dylan Dodd	ATL
-2 Darius Vines	ATL
-2 Jared Shuster	ATL
-2 Mike Burrows	PIT
-2 Zach Davies	ARZ
-2 Wilmer Font	SD
-2 Jay Groome	SD
-2 Quinn Priester	PIT
-3 Antonio Senzatela	COL
-3 Hans Crouse	PHI
-3 Gordon Graceffo	STL
-3 Ben Lively	CIN
-3 Carmen Mlodzinski	PIT
-3 James McArthur	PHI
-3 Alec Mills	FA
-3 Tristan Beck	SF

-3 Kyle Harrison	SF
-3 Sean Hjelle	SF
-3 Luis Cessa	CIN
-4 Levi Stoudt	CIN
-4 Josiah Gray	WAS
-4 Ryan Pepliot	LAD
-4 Anibal Sanchez	FA
-5 Michael Grove	LAD
-5 Matthew Liberatore	STL
-5 Patrick Corbin	WAS
-5 Ryan Feltner	COL

Relief Pitchers

28 Raisel Iglesias	ATL
28 Devin Williams	MIL
26 Josh Hader	SD
21 Camilo Doval	SF
20 Ryan Helsley	STL
19 Daniel Bard	COL
16 David Robertson	NYM
16 David Bednar	PIT
14 Alexis Diaz	CIN
14 Daniel Hudson	LAD
13 Dylan Floro	MIA
13 Evan Phillips	LAD
13 Craig Kimbrel	PHI
12 Kyle Finnegan	WAS
10 Giovanni Gallegos	STL
5 Andrew Chafin	ARZ
5 Seranthony Dominguez	PHI
4 A.J. Minter	ATL
3 Taylor Rogers	SF
3 Mark Melancon	ARZ
2 Kevin Ginkel	ARZ
2 Joe Mantipliy	ARZ
2 Brandon Hughes	CHC
2 Brusdar Graterol	LAD
2 Collin McHugh	ATL
1 Tyler Rogers	SF
0 Michael Fulmer	CHC
-0 Corey Knebel	FA
-1 Dylan Lee	ATL
-1 Brooks Raley	NYM
-1 Jerry De Los Santos	PIT
-1 Erasmo Ramirez	WAS
-1 Lucas Luetge	ATL
-2 Michael Tonkin	ATL
-2 Robert Suarez	SD
-2 Hoby Milner	MIL
-2 Alex Vesia	LAD
-2 Tanner Scott	MIA
-2 Codi Heuer	CHC
-2 Joey Lucchesi	NYM
-2 Gregory Soto	PHI
-2 Andrew Bellatti	PHI
-2 Jesse Chavez	ATL
-2 Luis Garcia	SD
-2 Jimmy Nelson	LAD
-2 Adam Ottavino	NYM
-2 Craig Stammen	SD
-3 Stephen Ridings	NYM
-3 Tommy Hunter	NYM
-3 Connor Brogdon	PHI
-3 Matt Barnes	MIA
-3 John Brebbia	SF
-3 Seth Lugo	SD
-3 Jackson Stephens	ATL
-3 Nick Anderson	ATL
-3 Fernando Cruz	CIN
-3 Tyler Duffey	CHC
-3 Tim Hill	SD
-3 Phil Bickford	LAD
-3 Grant Hartwig	NYM

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX March 23, 2023

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NL 5x5 - 12 TEAM LEAGUE

<https://www.fantasyindex.com>

5x5 categories are batting average, RBI, runs scored, home runs, steals, wins, saves, strikeouts, ERA and WHIP. These NL dollar values assume 12 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

37 Trea Turner	SS
33 Ronald Acuna	OF
29 Corbin Burnes	SP
29 Freddie Freeman	1B
28 Manny Machado	3B
28 Fernando Tatis Jr.	SS
28 Michael Harris	OF
28 Mookie Betts	OF
27 Juan Soto	OF
26 Paul Goldschmidt	1B
26 Pete Alonso	1B
25 Aaron Nola	SP
25 Francisco Lindor	SS
25 Matt Olson	1B
24 Corbin Carroll	OF
24 Oneil Cruz	SS
24 Zack Wheeler	SP
24 J.T. Realmuto	C
24 Brandon Woodruff	SP
23 Jazz Chisholm	2B
23 Tommy Edman #SS	2B
23 Austin Riley	3B
23 Max Scherzer	SP
23 Kyle Schwarber	OF
23 Dansby Swanson	SS
23 Jake McCarthy	OF
22 Ozzie Albies	2B
22 Justin Verlander	SP
22 Julio Urias	SP
22 Max Fried	SP
22 Devin Williams	RP
22 Yu Darvish	SP
21 Zac Gallen	SP
21 Will Smith	C
21 Logan Webb	SP
21 Raisel Iglesias	RP
20 Starling Marte	OF
20 Josh Hader	RP
20 Tyler O'Neill	OF
20 Xander Bogaerts	SS
20 Josh Rojas #2B	3B
19 CJ Abrams	SS
19 Spencer Strider	SP
19 Nolan Arenado	3B
19 Vaughn Grissom	2B
19 Bryan Reynolds	OF
19 Joe Musgrove	SP
19 Willy Adames	SS
18 Nico Hoerner	SS
18 Wil Myers #1B	OF

First Basemen

29 Freddie Freeman	LAD
26 Paul Goldschmidt	STL
26 Pete Alonso	NYM
25 Matt Olson	ATL
18 C.J. Cron	COL
17 Christian Walker	ARZ
16 Rhys Hoskins	PHI
15 Rowdy Tellez	MIL
14 Luis Arraez #2B	MIA
13 Miguel Vargas	LAD
11 Joey Meneses #OF	WAS
9 Carlos Santana	PIT
8 Eric Hosmer	CHC
8 Joey Votto	CIN

8 Trey Mancini #OF	CHC
7 Garrett Cooper	MIA
6 Dominic Smith	WAS
6 Matt Mervis	CHC
5 Ji-Man Choi	PIT
3 Keston Hiura	MIL
2 Harold Castro #3B	COL
1 Luke Voit	MIL
-0 Yulij Gurriel	MIA
-1 Michael Chavis	WAS
-2 Darin Ruf #OF	NYM
-3 Owen Miller #2B	MIL

Second Basemen

23 Jazz Chisholm	MIA
23 Tommy Edman #SS	STL
22 Ozzie Albies	ATL
19 Vaughn Grissom	ATL
18 Jake Cronenworth #1B	SD
17 Thairo Estrada #SS	SF
15 Jonathan India	CIN
14 Jeff McNeil #OF	NYM
14 Ketel Marte	ARZ
13 Jean Segura	MIA
8 Wilmer Flores #1B,3B	SF
8 Rodolfo Castro #3B	PIT
8 Jon Berti #3B	MIA
4 Kevin Newman #SS	CIN
2 Orlando Arcia	ATL
-1 Josh Harrison #3B	PHI
-1 Nolan Gorman	STL
-1 Nick Madrigal	CHC
-1 Abraham Toro #3B	MIL
-2 Andrelton Simmons	FA
-3 Robinson Cano	FA
-3 Jeter Downs	WAS

Third Basemen

28 Manny Machado	SD
23 Austin Riley	ATL
20 Josh Rojas #2B	ARZ
19 Nolan Arenado	STL
18 Ke'Bryan Hayes	PIT
15 Alec Bohm	PHI
13 Max Muncy #2B	LAD
12 Ryan McMahon	COL
12 Jordan Walker	STL
12 Brett Baty	NYM
12 Jeimer Candelario	WAS
11 Joey Wendle #1B,SS	MIA
10 Luis Urias #2B,SS	MIL
9 Spencer Steer	CIN
8 J.D. Davis	SF
8 Patrick Wisdom	CHC
7 Eduardo Escobar	NYM
5 David Villar	SF
4 Brian Anderson #OFMIL	MIL
2 Evan Longoria	ARZ
2 Carter Kieboom	WAS
-1 Mike Moustakas #1B	COL
-2 Luke Williams #OF	LAD
-2 Zach McKinstry #2B	CHC
-3 Elehuris Montero	COL
-3 Brandon Dixon	SD
-3 Kody Clemens	PHI

Shortstops

37 Trea Turner	PHI
28 Fernando Tatis Jr.	SD
25 Francisco Lindor	NYM
24 Oneil Cruz	PIT
23 Dansby Swanson	CHC
20 Xander Bogaerts	SD

19 CJ Abrams	WAS
19 Willy Adames	MIL
18 Nico Hoerner	CHC
13 Luis Garcia #2B	WAS
13 Bryan Stott #2B	PHI
12 Ezequiel Tovar	COL
11 Ha-Seong Kim #3B	SD
9 Brandon Crawford	SF
6 Miguel Rojas	LAD
4 Nick Ahmed	ARZ
4 Jose Garcia	CIN
3 Didi Gregorius	FA
2 Alan Trejo	COL
-1 Brice Turang	MIL
-2 Jose Iglesias	MIA
-2 Paul DeJong	STL
-3 Jordan Lawlar	ARZ
-3 Edmundo Sosa #3B	PHI
-3 Diego Castillo #2B,OF	ARZ

Catchers

24 J.T. Realmuto	PHI
21 Will Smith	LAD
17 Tyler Stephenson	CIN
15 Gabriel Moreno	ARZ
14 William Contreras	MIL
14 Sean Murphy	ATL
14 Willson Contreras	STL
13 Keibert Ruiz	WAS
10 Travis d'Arnaud	ATL
8 Austin Nola	SD
7 Francisco Alvarez	NYM
7 Elias Diaz	COL
5 Nick Fortes	MIA
5 Joey Bart	SF
4 Yan Gomes	CHC
3 Jacob Stallings	MIA
3 Omar Narvaez	NYM
3 Victor Caratini	MIL
2 Carson Kelly	ARZ
2 Austin Barnes	LAD
2 Brian Serven	COL
2 Tucker Barnhart	CHC
2 Tomas Nido	NYM
1 Austin Hedges	PIT
1 Pedro Severino	SD
0 Garrett Stubbs	PHI
0 Curt Casali	CIN
0 Andrew Knizner	STL
0 Ivan Herrera	STL
0 Riley Adams	WAS
-1 Blake Sabol	SF
-1 Kevin Plawewski	PIT
-1 Luis Campusano	SD
-1 Austin Wynns	SF
-1 Luke Maile	CIN
-1 Luis Torrens	CHC
-1 P.J. Higgins #1B	ARZ
-2 Roberto Perez	SF

Designated Hitters

16 J.D. Martinez	LAD
8 Nelson Cruz	SD
7 Bryce Harper	PHI
2 Darick Hall	PHI
0 Dan Vogelbach	NYM

Outfielders

33 Ronald Acuna	ATL
28 Michael Harris	ATL
28 Mookie Betts	LAD
27 Juan Soto	SD
24 Corbin Carroll	ARZ

23 Kyle Schwarber	PHI
23 Jake McCarthy	ARZ
20 Starling Marte	NYM
20 Tyler O'Neill	STL
19 Bryan Reynolds	PIT
18 Wil Myers #1B	CIN
18 Kris Bryant	COL
17 Christian Yelich	MIL
16 Shea Lennetti	CHC
16 Cody Bellinger	CHC
16 Ian Happ	CHC
16 Nick Castellanos	PHI
16 Brandon Nimmo	NYM
14 Lars Nootbaar	STL
13 Lourdes Gurriel Jr.	ARZ
13 Mitch Haniger	SF
13 Dylan Carlson	STL
13 Trent Grisham	SD
12 Jake Fraley	CIN
12 Charlie Blackmon	COL
12 Andrew McCutchen	PIT
12 Mark Canha	NYM
12 Lane Thomas	WAS
12 Randal Grichuk	COL
12 Mike Yastrzemski	SF
11 Jurickson Profar	COL
11 Garrett Mitchell	MIL
11 Trayce Thompson	LAD
11 Jesse Winker	MIL
11 Marcell Ozuna	ATL
11 Avisail Garcia	MIA
11 Michael Conforto	SF
11 Brandon Marsh	PHI
10 Tyrone Taylor	MIL
10 Chris Taylor	LAD
10 TJ Friedl	CIN
9 Joc Pederson	SF
9 Nick Senzel	CIN
8 Juan Ypez	STL
8 Eddie Rosario	ATL
8 Bryan De La Cruz	MIA
8 Jesus Sanchez	MIA
8 Christopher Morel #2B	CHC
7 Jorge Soler	MIA
7 Brendan Donovan #2B,3B	STL
7 Cal Mitchell	PIT
7 Victor Robles	WAS
6 Alec Thomas	ARZ
5 Austin Slater	SF
5 Corey Dickerson	WAS
4 Sai Frelick	MIL
4 Lamonte Wade #1B	SF
4 Tommy Pham	NYM
4 Jack Suwinski	PIT
4 David Peralta	LAD
3 Nick Solak	CIN
3 Yonathan Daza	COL
3 Matt Carpenter	SD
1 Yadiel Hernandez	WAS
1 Chad Pinder	CIN
1 Nolan Jones	COL
1 Pavin Smith	ARZ
0 Stone Garrett	WAS
0 Ji Hwan Bae	PIT
0 Odubell Herrera	FA
-0 Connor Joe #1B	PIT
-1 Luis Gonzalez	SF
-1 Stuart Fairchild	CIN
-1 Michael Toglia	COL
-1 Garrett Hampson #SS	MIA
-1 Kyle Lewis	ARZ
-1 Adam Engel	SD
-1 Jordan Luplow	ATL

-2 Sam Hilliard	ATL
-2 Bradley Zimmer	LAD
-2 Nelson Velazquez	CHC
-2 Tucupita Marcano #2B	PIT
-2 James Outman	LAD
-2 Jose Azocar	SD
-3 Alex Call	WAS
-3 Brenton Doyle	COL

4 Mike Soroka	ATL
4 Jose Quintana	NYM
4 Trevor Williams	WAS
4 Bailey Falter	PHI
3 Mike Minor	FA
3 Dakota Hudson	STL
3 Braxton Garrett	MIA
3 Patrick Corbin	WAS
3 Ryne Nelson	ARZ
3 Drew Smyly	CHC
3 Graham Ashcraft	CIN
2 Paolo Espino	WAS
2 Connor Overton	CIN
2 Zach Davies	ARZ
1 Andrew Painter	PHI
1 Antonio Senzatela	COL
1 Alec Mills	FA
1 Wilmer Font	SD
0 Luis Cessa	CIN
-0 Joe Ross	FA
-0 MacKenzie Gore	WAS
-0 Sixto Sanchez	MIA
-0 Bryce Elder	ATL
-0 Ryan Feltner	COL
-1 Ryan Pepiot	LAD
-1 Drey Jameson	ARZ
-2 Ian Anderson	ATL
-2 Stephen Strasburg	WAS
-2 Jared Shuster	ATL
-2 Matthew Liberatore	STL
-3 Dylan Dodd	ATL
-3 Ben Lively	CIN
-3 Darius Vines	ATL
-3 Mike Burrows	PIT
-3 Kent Emanuel	PHI
-3 Anibal Sanchez	FA
-3 Jay Groome	SD
-3 Michael Grove	LAD
-3 Gordon Graceffo	STL

Starting Pitchers

29 Corbin Burnes	MIL
25 Aaron Nola	PHI
24 Zack Wheeler	PHI
24 Brandon Woodruff	MIL
23 Max Scherzer	NYM
22 Justin Verlander	NYM
22 Julio Urias	LAD
22 Max Fried	ATL
22 Sandy Alcantara	MIA
22 Yu Darvish	SD
21 Zac Gallen	ARZ
21 Logan Webb	SF
19 Spencer Strider	ATL
19 Joe Musgrove	SD
17 Jordan Montgomery	STL
17 Blake Snell	SD
16 Charlie Morton	ATL
15 Nick Lodolo	CIN
15 Kyle Wright	ATL
15 Alex Cobb	SF
14 Clayton Kershaw	LAD
14 Tony Gonsolin	LAD
14 Jesus Luzardo	MIA
14 Sean Manaea	SF
14 Merrill Kelly	ARZ
14 Freddy Peralta	MIL
13 Hunter Greene	CIN
13 Miles Mikolas	STL
12 Jameson Taillon	CHC
12 Adam Wainwright	STL
11 Ranger Suarez	PHI
11 Jack Flaherty	STL
11 German Marquez	COL
11 Carlos Carrasco	NYM
11 Dustin May	LAD
11 Marcus Stroman	CHC
11 Taijuan Walker	PHI
10 Eric Lauer	MIL
10 Justin Steele	CHC
9 Kodai Senga	NYM
9 Ross Stripling	SF
9 Alex Wood	SF
9 Noah Syndergaard	LAD
8 Aaron Ashby	MIL
8 Trevor Rogers	MIA
8 Michael Wacha	SD
8 JT Brubaker	PIT
7 Anthony DeSclafani	SF
7 Nick Martinez	SD
7 David Peterson	NYM
7 Johnny Cueto	MIA
6 Wade Miley	MIL
6 Roansy Contreras	PIT
6 Mitch Keller	PIT
6 Hayden Wesneski	CHC
5 Steven Matz	STL
5 Austin Gombert	COL
5 Edward Cabrera	MIA
5 Kyle Freeland	COL
5 Josiah Gray	WAS
4 Madison Bumgarner	ARZ
4 Rich Hill	PIT
4 Kyle Hendricks	CHC

Relief Pitchers

22 Devin Williams	MIL
21 Raisel Iglesias	ATL
20 Josh Hader	SD
17 Camilo Doval	SF
15 Ryan Helsley	STL
15 Daniel Bard	COL
14 David Robertson	NYM
12 Alexis Diaz	CIN
12 David Bednar	PIT
11 Daniel Hudson	LAD
11 Craig Kimbrel	PHI
11 Evan Phillips	LAD
10 Kyle Finnegan	WAS
9 Dylan Floro	MIA
8 Giovanni Gallegos	STL
5 Andrew Chafin	ARZ
5 A.J. Minter	ATL
4 Seranthony Dominguez	PHI
4 Taylor Rogers	SF
4 Kevin Ginkel	ARZ
3 Collin McHugh	ATL
3 Brandon Hughes	CHC
2 Joe Mantipliy	ARZ
2 Michael Fulmer	CHC
2 Tanner Scott	MIA
1 Tylor Megill	NYM
1 Brusdar Graterol	LAD
1 Tyler Rogers	SF
1 Brooks Raley	NYM
1 Gregory Soto	PHI
1 Mark Melancon	ARZ
1 Seth Lugo	SD

FANTASY INDEX CHEAT SHEET

FANTASY BASEBALL INDEX

March 23, 2023

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206-527-4444

NL 4x4 - 12 TEAM LEAGUE

<https://www.fantasyindex.com>

4x4 categories are batting average, RBI, home runs, steals, wins, saves, ERA and WHIP. These NL dollar values assume 12 teams spending \$260 each on 9 pitchers and 14 hitters.

#played 20 or more games at more than one position in 2022

Top Picks

41 Trea Turner	SS
35 Ronald Acuna	OF
31 Michael Harris	OF
31 Fernando Tatis Jr.	SS
30 Manny Machado	3B
30 Devin Williams	RP
29 Raisal Iglesias	RP
29 Freddie Freeman	1B
28 Josh Hader	RP
27 Pete Alonso	1B
27 Juan Soto	OF
27 Paul Goldschmidt	1B
27 Mookie Betts	OF
27 Corbin Burnes	SP
26 Corbin Carroll	OF
25 J.T. Realmuto	C
25 Jake McCarthy	OF
25 Oneil Cruz	SS
25 Jazz Chisholm	2B
25 Matt Olson	1B
25 Francisco Lindor	SS
24 Austin Riley	3B
24 Tommy Edman #SS	2B
23 Dansby Swanson	SS
23 Camilo Doval	RP
23 Ozzie Albies	2B
23 Kyle Schwarber	OF
23 Zack Wheeler	SP
22 Justin Verlander	SP
22 Max Fried	SP
22 Aaron Nola	SP
22 Max Scherzer	SP
22 Starling Marte	OF
22 Daniel Bard	RP
22 Julio Urias	SP
21 Will Smith	C
21 Ryan Helsley	RP
21 Brandon Woodruff	SP
21 Josh Rojas #2B	3B
21 Vaughn Grissom	2B
21 Tyler O'Neill	OF
20 Nico Hoerner	SS
20 Nolan Arenado	3B
20 Logan Webb	SP
20 Xander Bogaerts	SS
20 Zac Gallen	SP
20 Wil Myers #1B	OF
20 Ke'Bryan Hayes	3B
19 Yu Darvish	SP
19 CJ Abrams	SS

First Basemen

29 Freddie Freeman	LAD
27 Pete Alonso	NYM
27 Paul Goldschmidt	STL
25 Matt Olson	ATL
19 C.J. Cron	COL
16 Christian Walker	ARZ
16 Rowdy Tellez	MIL
15 Rhys Hoskins	PHI
13 Miguel Vargas	LAD
12 Joey Meneses #OF	WAS
12 Luis Arraez #2B	MIA
9 Eric Hosmer	CHC
8 Carlos Santana	PIT
7 Garrett Cooper	MIA

7 Joey Votto	CIN
7 Trey Mancini #OF	CHC
6 Matt Mervis	CHC
6 Dominic Smith	WAS
5 Ji-Man Choi	PIT
4 Keston Hiura	MIL
2 Harold Castro #3B	COL
1 Luke Voit	MIL
-0 Yuli Gurriel	MIA
-1 Michael Chavis	WAS
-2 Darin Ruf #OF	NYM

Second Basemen

25 Jazz Chisholm	MIA
24 Tommy Edman #SS	STL
23 Ozzie Albies	ATL
21 Vaughn Grissom	ATL
17 Thairo Estrada #SS	SF
15 Jake Cronenworth #1B	SD
14 Jonathan India	CIN
14 Ketel Marte	ARZ
13 Jeff McNeil #OF	NYM
13 Jean Segura	MIA
8 Jon Berti #3B	MIA
8 Rodolfo Castro #3B	PIT
7 Wilmer Flores #1B,3B	SF
5 Kevin Newman #SS	CIN
1 Orlando Arcia	ATL
-1 Josh Harrison #3B	PHI
-1 Nick Madrigal	CHC
-1 Nolan Gorman	STL
-2 Abraham Toro #3B	MIL

Third Basemen

30 Manny Machado	SD
24 Austin Riley	ATL
21 Josh Rojas #2B	ARZ
20 Nolan Arenado	STL
20 Ke'Bryan Hayes	PIT
14 Alec Bohm	PHI
13 Jordan Walker	STL
12 Ryan McMahon	COL
12 Max Muncy #2B	LAD
11 Brett Baty	NYM
11 Joey Wendle #1B,SS	MIA
11 Jeimer Candelario	WAS
8 Luis Urias #2B,SS	MIL
8 J.D. Davis	SF
8 Patrick Wisdom	CHC
7 Spencer Steer	CIN
7 Eduardo Escobar	NYM
5 David Villar	SF
3 Brian Anderson #OF	MIL
2 Evan Longoria	ARZ
0 Carter Kieboom	WAS
-1 Mike Moustakas #1B	COL
-1 Luke Williams #OF	LAD
-2 Brandon Dixon	SD
-2 Elehuris Montero	COL
-2 Zach McKinstry #2B	CHC

Shortstops

41 Trea Turner	PHI
31 Fernando Tatis Jr.	SD
25 Oneil Cruz	PIT
25 Francisco Lindor	NYM
23 Dansby Swanson	CHC
20 Nico Hoerner	CHC
20 Xander Bogaerts	SD
19 CJ Abrams	WAS
18 Willy Adames	MIL
13 Luis Garcia #2B	WAS
12 Bryson Stott #2B	PHI

12 Ezequiel Tovar	COL
11 Ha-Seong Kim #3B	SD
7 Brandon Crawford	SF
7 Miguel Rojas	LAD
4 Jose Garcia	CIN
3 Nick Ahmed	ARZ
3 Didi Gregorius	FA
3 Alan Trejo	COL
0 Brice Turang	MIL
-2 Jose Iglesias	MIA
-2 Jordan Lawlar	ARZ
-2 Paul DeJong	STL

Catchers

25 J.T. Realmuto	PHI
21 Will Smith	LAD
16 Tyler Stephenson	CIN
15 Gabriel Moreno	ARZ
14 William Contreras	MIL
14 Keibert Ruiz	WAS
14 Sean Murphy	ATL
13 Willson Contreras	STL
11 Travis d'Arnaud	ATL
8 Austin Nola	SD
7 Francisco Alvarez	NYM
7 Elias Diaz	COL
5 Nick Fortes	MIA
5 Joey Bart	SF
5 Yan Gomes	CHC
3 Jacob Stallings	MIA
3 Victor Caratini	MIL
2 Omar Kelly	ARZ
2 Carson Narvaez	NYM
2 Brian Serven	COL
1 Austin Barnes	LAD
1 Pedro Severino	SD
1 Tucker Barnhart	CHC
1 Tomas Nido	NYM
0 Garrett Stubbs	PHI
0 Ivan Herrera	STL
0 Curt Casali	CIN
0 Blake Sabol	SF
-0 Austin Hedges	PIT
-0 Riley Adams	WAS
-0 Kevin Plawecki	PIT
-1 Luis Torrens	CHC
-1 Luis Campusano	SD
-1 Austin Wynns	SF
-1 Andrew Knizner	STL
-1 P.J. Higgins #1B	ARZ
-1 Luke Maile	CIN
-1 Endy Rodriguez	PIT
-1 Ford Proctor	SF

Designated Hitters

15 J.D. Martinez	LAD
8 Bryce Harper	PHI
8 Nelson Cruz	SD
1 Darick Hall	PHI
-0 Dan Vogelbach	NYM

Outfielders

35 Ronald Acuna	ATL
31 Michael Harris	ATL
27 Juan Soto	SD
27 Mookie Betts	LAD
26 Corbin Carroll	ARZ
25 Jake McCarthy	ARZ
23 Kyle Schwarber	PHI
22 Starling Marte	NYM
21 Tyler O'Neill	STL
20 Wil Myers #1B	CIN
18 Bryan Reynolds	PIT

17 Seiya Suzuki	CHC
17 Kris Bryant	COL
16 Cody Bellinger	CHC
16 Nick Castellanos	PHI
15 Ian Happ	CHC
15 Christian Yelich	MIL
14 Lourdes Gurriel Jr.	ARZ
14 Jake Fraley	CIN
14 Lars Nootbaar	STL
13 Garrett Mitchell	MIL
12 Charlie Blackmon	COL
12 Brandon Nimmo	NYM
12 Mitch Haniger	SF
12 Randal Grichuk	COL
12 Trent Grisham	SD
12 Marcell Ozuna	ATL
12 Trayce Thompson	LAD
12 Avisail Garcia	MIA
11 Dylan Carlson	STL
11 Lane Thomas	WAS
11 Andrew McCutchen	PIT
11 Brandon Marsh	PHI
11 Tyrone Taylor	MIL
10 Jurickson Profar	COL
10 Jesse Winker	MIL
10 TJ Friedl	CIN
10 Chris Taylor	LAD
9 Michael Conforto	SF
9 Mark Canha	NYM
9 Joc Pederson	SF
9 Mike Yastrzemski	SF
9 Bryan De La Cruz	MIA
9 Eddie Rosario	ATL
9 Juan Yepez	STL
8 Christopher Morel #2B	CHC
8 Cal Mitchell	PIT
8 Jesus Sanchez	MIA
7 Nick Senzel	CIN
7 Jorge Soler	MIA
7 Victor Robles	WAS
6 Alec Thomas	ARZ
6 Brendan Donovan #2B,3B	STL
6 Austin Slater	SF
5 Sai Frelicik	MIL
5 Corey Dickerson	WAS
4 David Peraltta	LAD
4 Nick Solak	CIN
3 Tommy Pham	NYM
3 Jack Suwinski	PIT
3 Lamonte Wade #1B	SF
3 Yonathan Daza	COL
2 Matt Carpenter	SD
1 Yadiel Hernandez	WAS
1 Stone Garrett	WAS
1 Ji Hwan Bae	PIT
1 Chad Pinder	CIN
0 Nolan Jones	COL
0 Pavin Smith	ARZ
0 Odubel Herrera	FA
-0 Michael Toglia	COL
-0 Luis Gonzalez	SF
-1 Stuart Fairchild	CIN
-1 Kyle Lewis	ARZ
-1 Adam Engel	SD
-1 Connor Joe #1B	PIT
-1 Sam Hilliard	ATL
-1 Garrett Hampson #SS	MIA
-1 Nelson Velazquez	CHC
-2 Jordan Luplow	ATL
-2 James Outman	LAD
-2 Bradley Zimmer	LAD
-2 Jose Azocar	SD
-2 Brenton Doyle	COL

Starting Pitchers

27 Corbin Burnes	MIL
23 Zack Wheeler	PHI
22 Justin Verlander	NYM
22 Max Fried	ATL
22 Aaron Nola	PHI
22 Max Scherzer	NYM
22 Julio Urias	LAD
21 Brandon Woodruff	MIL
21 Sandy Alcantara	MIA
20 Logan Webb	SF
20 Zac Gallen	ARZ
19 Yu Darvish	SD
17 Joe Musgrove	SD
17 Jordan Montgomery	STL
16 Clayton Kershaw	LAD
15 Spencer Strider	ATL
14 Tony Gonsolin	LAD
13 Alex Cobb	SF
13 Freddy Peralta	MIL
13 Charlie Morton	ATL
13 Blake Snell	SD
12 Kyle Wright	ATL
12 Miles Mikolas	STL
12 Merrill Kelly	ARZ
12 Nick Lodolo	CIN
12 Adam Wainwright	STL
11 Jesus Luzardo	MIA
11 Ranger Suarez	PHI
10 Marcus Stroman	CHC
10 Sean Manaea	SF
10 Taijuan Walker	PHI
10 Jameson Taillon	CHC
10 Ross Stripling	SF
10 Dustin May	LAD
10 Jack Flaherty	STL
9 Noah Syndergaard	LAD
9 Hunter Greene	CIN
9 Alex Wood	SF
8 Eric Lauer	MIL
8 Carlos Carrasco	NYM
8 Justin Steele	CHC
8 Kodai Senga	NYM
7 German Marquez	COL
7 Anthony DeSclafani	SF
7 Michael Wacha	SD
7 Aaron Ashby	MIL
7 Wade Miley	MIL
6 Mike Soroka	ATL
6 Nick Martinez	SD
5 Johnny Cueto	MIA
5 Jose Quintana	NYM
5 Dakota Hudson	STL
5 Hayden Wesneski	CHC
5 Connor Overton	CIN
5 Steven Matz	STL
5 Trevor Rogers	MIA
5 David Peterson	NYM
4 Kyle Hendricks	CHC
4 Roansy Contreras	PIT
4 Rich Hill	PIT
4 Trevor Williams	WAS
4 Austin Gomber	COL
3 Andrew Painter	PHI
3 Edward Cabrera	MIA
3 Sixto Sanchez	MIA
3 Braxton Garrett	MIA
3 JT Brubaker	PIT
2 Bailey Falter	PHI
2 Madison Bumgarner	ARZ
2 Graham Ashcraft	CIN
2 Joe Ross	FA
2 Mitch Keller	PIT

2 Kyle Freeland	COL
1 Mike Minor	FA
1 Drew Smyly	CHC
1 Ryne Nelson	ARZ
1 Ian Anderson	ATL
1 Stephen Strasburg	WAS
1 Bryce Elder	ATL
1 Paolo Espino	WAS
1 Zach Davies	ARZ
1 Kent Emanuel	PHI
1 Dylan Dodd	ATL
1 Jared Shuster	ATL
0 Darius Vines	ATL
0 Wilmer Font	SD
0 Antonio Senzatela	COL
0 Mike Burrows	PIT
0 Jay Groome	SD
0 Quinn Priester	PIT
-0 Hans Crouse	PHI
-0 Alec Mills	FA
-0 Gordon Graceffo	STL
-0 Ben Lively	CIN
-1 James McArthur	PHI
-1 Carmen Mlodzinski	PIT
-1 Luis Cessa	CIN
-1 Kyle Harrison	SF
-1 Tristan Beck	SF
-1 Sean Hjelle	SF
-1 Levi Stoudt	CIN
-1 Josiah Gray	WAS
-1 Ryan Pepiot	LAD
-2 Anibal Sanchez	FA
-2 Patrick Corbin	WAS
-2 Matthew Liberatore	STL

Relief Pitchers

30 Devin Williams	MIL
29 Raisal Iglesias	ATL
28 Josh Hader	SD
28 Camilo Doval	SF
23 Daniel Bard	COL
21 Ryan Hestley	STL
19 David Robertson	NYM
19 David Bednar	PIT
16 Alexis Diaz	CIN
16 Daniel Hudson	LAD
15 Dylan Floro	MIA
15 Evan Phillips	LAD
15 Craig Kimbrel	PHI
14 Kyle Finnegan	WAS
11 Giovanni Gallegos	STL
7 Andrew Chafin	ARZ
7 Seranthony Dominguez	PHI
6 A.J. Minter	ATL
5 Taylor Rogers	SF
5 Mark Melancon	ARZ
5 Kevin Ginkel	ARZ
4 Brandon Hughes	CHC
4 Joe Mantiply	ARZ
4 Brusdar Graterol	LAD
3 Collin McHugh	ATL
3 Tyler Rogers	SF
3 Michael Fulmer	CHC
2 Corey Knebel	FA
1 Dylan Lee	ATL
1 Yerry De Los Santos	PIT
1 Brooks Raley	NYM
1 Erasmo Ramirez	WAS
1 Tanner Scott	MIA
1 Lucas Luetge	ATL
0 Michael Tonkin	ATL
0 Gregory Soto	PHI
0 Robert Suarez	SD

Fantasy Depth Charts

	ARIZONA	ATLANTA	BALTIMORE	BOSTON	CUBS	WHITE SOX	CINCINNATI	CLEVELAND
1	GALLEN	FRIED	GIBSON	KLUBER	STROMAN	CEASE	GREENE	BIEBER
2	KELLY	STRIDER	IRVIN	SALE	TAILLON	LYNN	LODOLO	MCKENZIE
3	BUMGARDNER	MORTON	KREMER	PIVETTA	STEELE	GIOLITO	ASHCRAFT	QUANTRILL
4	DAVIES	WRIGHT	RODRIGUEZ	WHITLOCK*	SMYLY	KOPECH	CESSA	CIVALE
5	JAMESON	SHUSTER	WELLS	PAXTON*	WESNESKI	CLEVINGER	WEAVER=	PLESAC
	Nelson	Dodd	Bradish	Houck	Sampson	Martin	Overton%	Morris*
	Pfaadt%	Soroka*	Voth	Bello%=	Hendricks=	Stiever	Anderson	Pilkington%
	Henry	Elder%	Baumann	Crawford	Javier Assad	Alexy%	Dunn=	
		Allard%	Watkins%	Winckowski	Caleb Kilian			
		Anderson%	Hall					
CL	McGOUGH	IGLESIAS	BAUTISTA	JANSEN	BOXBERGER Fulmer	GRAVEMAN Hendriks=	DIAZ	CLASE
SU	Mantiply Castro Ginkel	Minter	Perez Baker	Martin SCHREIBER	Hughes	Lopez Bummer*	Sims* Santillan=	Karinchak Stephan
RH	Sulser Adams* Martin Hendrix Melancon= Vargas	Jimenez McHugh Chavez Yates Tonkin	Tate* Givens Politi Cano Gillaspie Krehbiel	Brasier Crawford Ort Kelly Faria Altavilla	Estrada Wick Alzola Rucker Merryweather Thompson	Kelly Ruiz Avila Lambert Santos Shaw	Farmer Gibaut Kuhnel Strickland Cruz Young	De Los Santos* Morgan Sandlin Bilous%
LH	Chafin Nelson	Lee Luetge	Akin Vespi	Bleier Rodriguez=		Diekman Crochet*	Sanmartin Sousa Norris	Hentges* Baragar
C	MORENO* Kelly= Herrera Higgins	MURPHY d'Arnaud Tromp%	RUTSCHMAN McCann Kolozsvary% Bemboom%	ALFARO McGuire Wong*	GOMES Barnhart Torrens	GRANDAL Zavala Perez	STEPHENSON Casali Maile	ZUNINO Gallagher Collins Naylor% Lavastida% BELL Naylor
1B	WALKER Smith Rivera	OLSON Luplow	MOUNTCASTLE Cordero Santander Vavra Diaz%	CASAS* Turner Dalbec	HOSMER Mancini Mervis% Rios	VAUGHN* Sheets Burger	VOTTO Myers Steer Stephenson	
2B	MARTE Rojas Perdomo Castillo%	ALBIES Adrianza Grissom% Sanchez%	FRAZIER Urias Vavra Mateo	ARROYO Hernandez Chang* Valdez%	HOERNER Madrigal Morel McKinstry	ANDRUS Gonzalez Garcia Alberto	INDIA Newman Steer Pinder	GIMENEZ Arias Freeman% Palacios
3B	LONGORIA Rojas Rivera Perdomo	RILEY Arcia Adrianza Sanchez%	HENDERSON Urias	DEVERS Dalbec Turner Mondesi=	WISDOM Morel Rios McKinstry	MONCADA* Burger Garcia	STEER Pinder Vosler Reynolds*	RAMIREZ Arias Freeman%
SS	AHMED Perdomo Castillo% Munoz	Arcia Adrianza Grissom% Shewmake%	MATEO Urias Ortiz%	HERNANDEZ Mondesi= Chang* Arroyo	SWANSON McKinstry Hoerner	ANDERSON Andrus Gonzalez Sosa	NEWMAN Barrera Pinder	ROSARIO Arias Gimenez Freeman%
LF	CARROLL Gurriel McCarthy Lewis	ROSARIO White Luplow Pillar	HAYS Stowers Santander Vavra	YOSHIDA Refsnyder Verdugo Tapia	HAPP Velazquez McKinstry Mastrobuoni	BENINTENDI Sheets Jimenez* Reyes	FRIEDL Fralei Myers Pinder	KWAN Brennan Palacios Quinn
CF	THOMAS Carroll McCarthy Marte	HARRIS Acuna Pillar Hilliard%	MULLINS McKenna Hays	DUVALL Duran Refsnyder Tapia Hernandez	BELLINGER Morel Velazquez	ROBERT Garcia Reyes Hamilton Marisnick	SENZEL* Benson Friedl Fralei Siani	STRAW Brennan Quinn
RF	MCCARTHY Lewis Smith	ACUNA Hilliard% Pillar	SANTANDER Stowers Cordero McKenna	VERDUGO Refsnyder Tapia Duran	SUZUKI= Velazquez McKinstry Mastrobuoni	SHEETS Colas Jimenez Marisnick	MYERS Fralei Fairchild Pinder	GONZALEZ Brennan Quinn
DH	GURRIEL Smith Longoria Lewis	OZUNA Acuna d'Arnaud	STOWERS Cordero Santander	TURNER Casas* Dalbec	MANCINI Madrigal Mervis% Velazquez	JIMENEZ* Sheets Vaughn* Burger	FRALEY Stephenson Myers Solak	NAYLOR Bell Gonzalez

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Fantasy Depth Charts

	COLORADO	DETROIT	HOUSTON	KANSAS CITY	L.A. ANGELS	L.A. DODGERS	MIAMI	MILWAUKEE
1	MARQUEZ	RODRIGUEZ	VALDEZ	SINGER	OHTAHI	URIAS	ALCANTARA	BURNES
2	FREELAND	TURNBULL	JAVIER	GREINKE	ANDERSON	KERSHAW	LUZARDO	WOODRUFF
3	URENA	BOYD	MCCULLERS=	LYLES	SANDOVAL	GONSOLIN*	ROGERS	PERALTA
4	FELTNER	MANNING	GARCIA	YARBROUGH*	DETMERS	MAY	CUETO*	LAUER
5	GOMBER Senzatela= Seabold% Rolison= Lambert%	LORENZEN* Brieske Faedo% Hilli% Wentz% Skubal= Mize=	URQUIDY Brown	KELLER Lynch Bubic% Heasley% Castillo% Mayers%	SUAREZ BARRIA Davidson% Silseth% Canning	SYNDERGAARD Pepiot Grove Buehler=	GARRETT Cabrera Smeltzer Meyer%= Perez%	MILEY Houser Ashby=
CL	BARD	LANGE	PRESSLY	BARLOW	ESTEVEZ HERGET	PHILLIPS Hudson=	FLORO	WILLIAMS
SU	Hand Johnson	Cisnero	Montero	Chapman Coleman	Tepera Moore	Graterol Vesia	Barnes Puk Scott	Bush
RH	Lamet Lawrence Mears Davis Hollowell Carasiti	Foley Vest Englert Wisler Garcia Uceta	Abreu Neris Stanek Maton Martinez Bielak	Stamont Snider Wittgren Clarke Hernandez	Wantz Weiss Joyce Devenski Garza%	Bickford Almonte* Miller Nelson Reyes= Feyereisen=	Chargois* Nance* Enright* Brazoban Rodriguez	Strzelecki Cousins Guerra Payamps Peguero Varland
LH	Suter	Alexander Shreve Holton	Taylor= Gage%	Garrett Taylor Lovelady	Quijada Loup	Ferguson Gonzalez	Okert* Nardi	Milner Wilson=
C	DIAZ Serven	HAASE Rogers Sands	MALDONADO Lee Diaz	PEREZ Melendez Fermin	STASSI Thaiss O'Hoppe	SMITH Barnes	STALLINGS Fortes* Chavez	CONTRERAS Caratini Jackson
1B	CRON* Toglia Moustakas	TORKELSON Nevin* Schoop	ABREU Hensley Matijevic Madris	PASQUANTINO Dozier Pratto Beaty	WALSH Drury* Thaiss	FREEMAN* Vargas Muncy	COOPER Gurriel Arraez Groshans%	TELLEZ Hiura Voit
2B	MCMAHON Castro Trejo Tucker	SCHOOP Hernandez Kreidler Maton	ALTUVE= Dubon Hensley Bannon	MASSEY Lopez Taylor% Duffy	DRURY* Rengifo Fletcher Stefanic%	VARGAS Muncy Taylor Rojas	ARRAEZ Segura Berti Wendle	URIAS Turang Miller Toro
3B	MONTERO Moustakas Jones Castro	MATON Nevin* Kreidler	BREGMAN Dubon Hensley Bannon	DOZIER Lopez Witt Garcia	RENDON Urshela Drury*	MUNCY Vargas Rojas Hernandez	SEGURA Wendle Arraez Groshans%	ANDERSON Brosseau Urias Toro
SS	TOVAR Trejo Castro	BAEZ Kreidler Maton	PENA Hensley Dubon	WITT Garcia Lopez	RENGIFO Velazquez Fletcher Soto%	ROJAS Taylor Lux+	WENDLE Iglesias Berti Groshans Amaya% SANCHEZ De La Cruz Soler Burdick% Encarnacion	ADAMES Turang Urias
LF	PROFAR Daza Doyle% Bouchard=	VIERLING Baddoo Carpenter Meadows	ALVAREZ* McCormick Madris Brantley=	EATON Isbel Oliveras Taylor% Reyes	WARD Moriak Adell	PERALTA Thompson Taylor Heyward Outman	YELICH Hiura Naquin Taylor=	
CF	GRICHUK* Daza Doyle% Tucker	GREENE Baddoo Vierling	MCCORMICK Meyers Dubon	ISBEL Waters= Eaton Taylor% Bradley	TROUT Moriak Phillips	TAYLOR Thompson Outman Heyward	CHISHOLM De La Cruz Sanchez Burdick% Berti GARCIA De La Cruz Burdick% Sanchez	MITCHELL Taylor= Naquin Frelick% Harrison% TAYLOR= Naquin Yelich Winker
RF	BRYANT Toglia Blackmon* Doyle%	MEADOWS Carpenter Baddoo	TUCKER McCormick Dubon Madris	OLIVERAS Waters= Isbel Taylor%	RENFROE Ward Phillips Adell	BETTS Thompson Taylor Peralta	GARCIA De La Cruz Burdick% Sanchez	WINKER Hiura Voit
DH	BLACKMON* Cron Montero Bryant McMahon	CARPENTER Cabrera Schoop Haase	BRANTLEY= Alvarez* Abreu	MELENDEZ Reyes Dozier Pasquantino Pratto	OHTAHI Drury*	MARTINEZ Muncy Smith	SOLER Cooper Sanchez Garcia	WINKER Hiura Voit

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	MINNESOTA	N.Y. METS	N.Y. YANKEES	OAKLAND	PHILADELPHIA	PITTSBURGH	ST. LOUIS	SAN DIEGO
1	GRAY	SCHERZER	COLE	BLACKBURN=	NOLA	CONTRERAS	FLAHERTY	DARVISH
2	RYAN	VERLANDER	RODON=	WALDICHUK	WHEELER	HILL	MONTGOMERY	MUSGROVE=
3	LOPEZ	SENGA	CORTES	FUJINAMI	WALKER	KELLER	WAINWRIGHT	SNELL
4	MAHLE	CARRASCO	SEVERINO	RUCINSKI	SUAREZ=	VELASQUEZ	MIKOLAS	WACHA
5	MAEDA	PETERSON	GERMAN	MULLER	FALTER	BRUBAKER	MATZ	MARTINEZ
	Ober	Megill	Schmidt	Kaprielian*	Painter=	Ortiz	Hudson	Lugo
	Winder*	Hernandez%	Gil=	Sears	Sanchez*	Oviedo%	Liberatore	Morejon*
	Varland%	Lucchesi%	Montas=	Martinez%	Strahm	Kranick=	Thompson	Avila
	Woods Richardson%	Quintana=		Tamark*			Woodford	Honeywell%
CL	DURAN*	Robertson Ottavino Diaz+	HOLMES	JIMENEZ MAY	KIMBREL Dominguez	BEDNAR	HELSELEY	HADER
SU	Lopez Jax	Raley*	Trivino= Loaisiga	Jackson	Soto Alvarado	Stephenson* Crowe	Gallegos	Suarez
RH	Pagan Alcala Megill De Leon Sands Santana Hoffman	Smith Curtiss Nogosek Montes de Oca= Ridings= Brigham Greene	Kahnle= King Abreu Marinaccio Weissert Brito Cordero	Acevedo Smith Oller Steckenrider	Bellatti Brogdon Nelson* Marte Ortiz Uelmen McArthur	Underwood Holderman De Jong De Los Santos Ramirez Moreta Chatwood	Hicks Pallante Stratton Rodriguez VerHagen	Garcia Wilson Cris matt Stammen Brooks Hanhold
LH	Thielbar Moran Coulombe	McFarland	Peralta Krook Ramirez	Moll Snead*	Plassmeyer Vasquez	Garcia* Hernandez Smith Perdomo	Cabrera Thompson Naughton Misiewicz	Pomeranz* Hill Lopez
C	VAZQUEZ Jeffers	NARVAEZ Nido Alvarez%	TREVINO Higashioka Duran Rortvedt=	LANGELIERS Pina* Soderstrom% Perez	REALMUTO Stubbs* Garcia	HEDGES Plawecki Delay Heineman	CONTRERAS Knizner Barrera Herrera%	NOLA* Campusano Severino
1B	KIRILLOFF= Miranda Farmer Gallo	ALONSO Ruf Vogelbach Vientos	RIZZO LeMahieu Cabrera	AGUILAR Brown Noda% Garcia%	HOSKINS Hall Clemens	CHOI Santana Joe	GOLDSCHMIDT Yepez Motter	CRONENWORTH Carpenter Ravelo Rivas
2B	POLANCO= Solano Gordon Farmer	MCNEIL Mendick Guillorme Escobar	TORRES LeMahieu Peraza Volpe%	KEMP ADiaz Peterson Bride%	STOTT Harrison Sosa Guthrie	CASTRO Bae Marcano Owings	DONOVAN Gorman Edman	KIM Cronenworth Odor
3B	MIRANDA Solano Farmer Castro	ESCOBAR Baty% Guillorme Vientos	DONALDSON LeMahieu Peraza Kiner-Falefa	PETERSON Bride% ADiaz Smith	BOHM Sosa Harrison Guthrie	HAYES Castro Owings Andujar	ARENADO* Donovan Gorman	MACHADO Carpenter Kim Dixon*
SS	CORREA Farmer Gordon Polanco	LINDOR Guillorme Mendick	PERAZA Kiner-Falefa Cabrera% Volpe%	ALLEN ADiaz Smith	TURNER Sosa Stott	CRUZ Castro Marcano Owings	EDMAN Donovan Motter DeJong=	BOGAERTS Kim Rosario*
LF	GALLO Taylor Gordon Larnach	CANHA Pham Ruf Locastro	HICKS Judge Cabrera% Stanton	BROWN Capel Ruiz Bleday%	SCHWARBER Cave Marsh Harrison	REYNOLDS McCutchen Suwinski Joe	O'NEILL Walker Yepez Nurleson	SOTO* Carpenter Engel Azocar
CF	BUXTON Taylor Gordon Celestino=	NIMMO* Canha Locastro Marte	BADER= Hicks Judge Florial%	RUIZ Pache Laureano Bleday%	MARSH Cave Guthrie Muzziotti	SUWINSKI Reynolds Bae Swaggerty	CARLSON O'Neill Nootbaar Mercado	GRISHAM Engel Tatis Azocar
RF	KEPLER* Taylor Gallo Wallner	MARTE Pham Canha Davis	JUDGE Stanton Cabrera Ortega	LAUREANO Capel% Bleday	CASTELLANOS Cave Guthrie Marsh	MCCUTCHEN Mitchell Suwinski Joe	NOOTBAAR Walker Burlison	TATIS= Soto* Engel* Azocar
DH	LARNACH Kirilloff= Buxton Miranda	VOGELBACH Pham Ruf Alvarez%	STANTON Donaldson LeMahieu	ADIAZ Aguilar Brown	HALL Castellanos Schwarber Harper=	SANTANA McCutchen Choi Joe	YEPEZ Gorman Donovan Contreras	TATIS= Soto* Engel Azocar

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SU setup · RH right-handed reliever · LH left-handed reliever · *Currently injured · +Will not play in 2023. Potential keeper for 2023.

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Fantasy Depth Charts

	SAN FRANCISCO	SEATTLE	TAMPA BAY	TEXAS	TORONTO	WASHINGTON
1	WEBB	CASTILLO	MCCLANAHAN	DEGROM	GAUSMAN	GRAY
2	COBB	RAY	GLASNOW+	EOVALDI	MANOAH	CORBIN
3	MANAEA	KIRBY	SPRINGS	HEANEY	BASSITT	GORE
4	STRIPLING	GILBERT	RASMUSSEN	GRAY	BERRIOS	WILLIAMS
5	WOOD	GONZALES	EFLIN	PEREZ	KIKUCHI	KUHL
	DeSclafani	Flexen	Chirinos	Dunning	White	Espino
	Junis	Fleming%	Patino	Ragans	Ryu=	Strasburg=
	Long%		Bradley%	Odorizzi=		Cavalli+
	Hjelle%		Baz+	Otto*		
CL	DOVAL	SEWALD Munoz	FAIRBANKS ADAM	LECLERC Smith	ROMANO	FINNEGAN
SU	Rogers Brebbia	Castillo	Beeks Poche	Hernandez	Swanson	Harvey Edwards
RH	Rogers Waites* Jackson=	Brash Murfee Gott Festa Topa McGee	Armstrong= Thompson Kelly Faucher+ Kelley Kittredge=	Barlow Sborz Rodriguez Moronta Littell Kennedy	Garcia Bass Cimber Richards Pearson Thompson	Ramirez Arano= Colome Ward Thompson Weems
LH	Alexander Szapucki=	Speier Saucedo%	Cleavinger	Burke Hearn King Duffy*	Mayza	Doolittle=
C	BART Perez Wynns Sabot	Raleigh Murphy* Hummel Nottingham	BETHANCOURT Mejia Pinto Collins	HEIM Garver Huff% Leon	KIRK Jansen Varsho	Ruiz Adams Pineda%
1B	WADE Flores Davis Pederson*	FRANCE Moore= La Stella* White%	DIAZ Ramirez Paredes Manzardo%	LOWE Tsutsugo Miller Huff%	GUERRERO Belt Biggio	SMITH Meneses Adams Chavis
2B	ESTRADA Flores Villar Diaz	WONG Moore= La Stella* Haggerty	LOWE Paredes Walls Aranda Mead	SEMIEN Duran Smith	MERRIFIELD Espinal Biggio Lopez	GARCIA Vargas Downs Alu
3B	VILLAR Davis Flores Estrada	SUAREZ France La Stella* Moore*	PAREDES Diaz Aranda Walls	JUNG Duran Smith Miller	CHAPMAN Espinal Biggio	CANDELARIO Kieboom= Vargas Downs
SS	CRAWFORD Estrada Diaz	CRAWFORD Moore* McCoy	FRANCO Walls* Brujan	SEAGER Smith Semien	BICHETTE Espinal Lopez	ABRAMS Garcia Vargas Downs
LF	PEDERSON* Conforto Slater= Wade	KELENIC Pollock Trammell= Calhoun	AROZARENA Margot Ramirez Lowe	GROSSMAN Smith Thompson Miller	VARSHO Biggio Capra% Lukes%	DICKERSON Call Garrett Thomas
CF	YASTRZEMSKI Slater= Gonzalez= Wade	RODRIGUEZ Kelenic Pollock Trammell=	SIRI Margot Lowe Raley	TAVERAS* Thompson Garcia Jankowski	KIERMAIER Springer Varsho Merrifield	ROBLES Thomas Call
RF	HANIGER* Conforto Wade Slater= Gonzalez= Ramos%	KELENIC Trammell= Hernandez Hummel Calhoun	MARGOT Arozarena Ramirez Lowe Raley	GARCIA Thompson Grossman Miller Jankowski	SPRINGER Varsho Capra%	THOMAS Meneses Call Dickerson
DH	CONFORTO Pederson Flores Davis	HERNANDEZ La Stella Murphy Moran	RAMIREZ Aranda Arozarena Lowe	MILLER Garver Garcia Grossman	BELT Kirk Springer	MENESES Smith Garrett Dickerson

Projected full-time starters listed in ALL CAPS.

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FANTASY INDEX UPDATE

FANTASY BASEBALL INDEX March 23, 2023

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Arizona

Gabriel Moreno was already earmarked for a lot of playing time, but with **Carson Kelly** sidelined for at least two months with a fractured forearm incurred after being hit by a pitch, Moreno will garner the lion's share of starts behind the plate for at least the first third of the season. He was already a mixed league asset, but now Moreno moves up a few spots on cheat sheets. His calling card is contact, resulting in a solid average, though there is hope Moreno develops more power. He's currently hurt with a sore hand, but it isn't expected to linger... **Kyle Lewis** and **Pavin Smith** are competing for the final bench spot. The fantasy relevancy has less to do with either player and more to do with Smith hitting left-handed while Lewis bats from the right side, so Lewis posed a bigger playing time threat to the mostly lefty swing outfield. **Corbin Carroll** is probably safe, but **Jake McCarthy** and **Alek Thomas** could be benched against some southpaw pitching if Lewis makes the squad... **Scott McGough** started out as an intriguing guy to monitor; now he's the favorite to land the closing gig in the desert. This would likely be the case even if **Mark Melancon** did not have a subscapularis strain in his throwing shoulder. McGough has outpitched **Kevin Ginkel** and **Andrew Chafin**. Though, to be fair, Ginkel hasn't allowed a run, but McGough's underlying metrics are a tad better... Even though **Brandon Pfaadt** outpitched both **Drey Jameson** and **Ryne Nelson**, Pfaadt will open the season in the rotation for Triple-A Reno. However, it should not be long before Pfaadt makes his major league debut.

Atlanta

In a surprising, if not shocking development, **Vaughn Grissom**, along with **Braden Shewmake** were optioned to Triple-A Gwinnett, leaving the starting shortstop job to **Orlando Arcia**, at least for now. The assumption was the gig was Grissom's to lose, especially after he spent the offseason working with Ron Washington, widely acclaimed as one of the best infield tutors in the game. Over the past couple of weeks, Shewmake's offense thrust him into the mix as he was thought to be a defense first guy. Some opined Shewmake could break camp as the starting shortstop with Grissom getting more

seasoning on the farm. As it turns out, Shewmake and Grissom will comprise the double play combo for the Stripers with the two switching off and playing both positions. Those rostering Grissom should not panic as it may not be long before he returns... The Braves patience with **Marcell Ozuna** is paying off as he's coming around at the plate. After a slow start, he's slashing .325/.372/.500. Even though Ozuna is slated to be Atlanta's primary designated hitter, he carries outfield eligibility, which is a position that thins quickly. Adding Ozuna to the draft-worthy mix lengthens the inventory a tad... **Max Fried**, **Spencer Strider** and **Charlie Morton** are all eagerly awaiting the start of the season so all these strikeouts they're racking up count... **Kyle Wright** finally made his return after dealing with a shoulder issue, but he was hit hard. He's still expected to make the opening day rotation, but the club has options if Wright isn't ready... Specifically, **Jared Shuster** and **Dylan Dodd** have both pitched well enough to win the No. 5 spot in the rotation, initially earmarked for **Ian Anderson**. Shuster has the slight edge, but if Dodd could fill in for Wright the first time through the rotation.

Baltimore

It's been a quiet camp as all the position and rotation battles are decided, with the main competition among the reserves and some back-end bullpen spots... Well, it's been quiet on the news front; Baltimore bats have been making a lot of noise, beginning with **Anthony Santander** playing for Venezuela at the World Baseball Classic. Santander finished the tourney with a 1.332 OPS... Meanwhile, back in Sarasota, **Austin Hays** has been raking, posting a 1.300 OPS. Reading too much into the solid springs for Santander and Hays is dangerous, but both have been undervalued by the early market and are likely to catch some helium. The time to roster them was in early drafts, but not everyone has that luxury... The same can be said for **Ryan Mountcastle** and his 1.195 OPS. Mountcastle was both unlucky and hurt by the renovations to Camden Yards previous to the 2022 campaign. First base thins faster than normal, so if you miss out at one of the elite options, Mountcastle is a fine Plan B... On the other hand, **Kyle Stowers** has a chance to secure des-

ignated hitter, but he hasn't locked it down as he's yet to leave the yard while recording a middling .744 OPS. Still, Stowers has pop and could be a mixed league asset, for what is essentially free at his draft cost... While hot shot prospect **Grayson Rodriguez** has cemented a starting spot to begin the campaign, it appeared the Orioles were content to have **DL Hall**, another solid pitching prospect, begin the season stretching out at Triple-A Norfolk. The latest buzz has the Orioles contemplating have Hall start the season with the big club as a reliever.

Boston

After early reports suggested **Masataka Yoshida** would be hitting leadoff, manager Alex Cora stated he plans on using him in the cleanup spot. This may cost Yoshida some plate appearances, but since he doesn't run, the more favorable RBI spot will help his fantasy production... The only remaining position battle is behind the plate where **Reese McGuire** and **Jorge Alfaro** are seemingly competing for the No. 1 spot. McGuire is the better defender while Alfaro is the more productive hitter, which is exactly how things are playing out as Alfaro has posted a 1.489 OPS through seven games. Especially with **Connor Wong's** sore hamstring not a sure thing to be ready for opening day, it seems likely Alfaro makes the team. However, it's worth noting he has a clause in his minor league agreement allowing him to sign a major league deal elsewhere if Boston doesn't offer him a major league deal by March 25... The banged-up rotation is slowly making progress, but Boston will still be shorthanded early in the season... **Garrett Whitlock** needs three more starts which means he won't be ready to take the ball in the second series of the regular season, giving way to **Kutter Crawford**. Crawford will face Pittsburgh, so if you plan on streaming, Crawford is a sneaky draft target to pitch and ditch... **Brayan Bello** made his Grapefruit League debut earlier this week. He was delayed with forearm tightness. Bello pitched two clean innings, whiffing three. Bello will likely continue to build up arm strength in minor league games as he's ticketed to begin the season on the IL. This way, he won't be pitching innings others could be using to get ready for the regular season... Similarly, **James Paxton** is doing all his

mound work in bullpen sessions as he recovers from a hamstring issue. The plan is for Paxton to debut in mid to late April.

Chicago Cubs

Seiya Suzuki will probably still begin the year on the IL with a left oblique strain, but he's made significant progress and may not miss as much time as initially projected. He's transitioned from soft toss to batting practice and baserunning... **Trey Mancini** could play right field while Suzuki is out. He has posted a .943 OPS this spring, making a concerted effort to revert to the swing and approach allowing him to drive the ball the other way... **Edwin Rios** and **Christopher Morel** are candidates to backfill at designated hitter, perhaps in a platoon... With **Kyle Hendricks** sidelined, **Marcus Stroman** will get the Cubs opening day nod, to be opposed by **Corbin Burnes**. **Jameson Taillon** has secured the No. 2 spot, followed by **Justin Steele** and **Drew Smyly**. That leaves **Hayden Wesneski**, **Adrian Sampson** and **Javier Assad** contesting for the final spot. **Wesneski** likely has the edge and should have at least a month to showcase his talent with **Hendricks** slowly ramping up from last year's strained shoulder. The Cubs rotation has some sneaky goodness which could be deployed in a streaming capacity, especially early in the year when **Wrigley Field** player big until the weather warms and the ivy turns green.

Chicago White Sox

Several of the White Sox starting position players are nursing injuries, but no one appears to be in jeopardy of missing opening day... **Andrew Vaughn** is in the most danger as he remains out with lower back soreness but is expected to return over the weekend. He's been doing fielding drills but hasn't swung the bat for a few days... **Yoan Moncada** has been clear dos a concussion after a collision in the World Baseball Classic, but he's still experiencing sore ribs, but isn't expected to be out too much longer... **Eloy Jimenez** left Monday's game early with what was first reported as a calf injury, but it turned out to be just cramps... After serving as the White Sox right fielder most of last season, **Gavin Sheets** is slated to be a reserve, filling in as a corner outfielder and first baseman. There is no room for **Sheets** as a regular with **Vaughn** the full time first baseman, **Andrew Benintendi** playing left, **Jimenez** earmarked for designated hitter duties and **Oscar Colas** likely beating out **Sheets** for the right field job... **Colas** started out

slowly, but is up to a .749 spring OPS after clubbing a pair of homers over the past week... While the club is dealing with some bumps and bruises offensively, their pitching appears healthy... **Dylan Cease** struggled early, but is up to 97 mph on his fastball. Control is his only issue as he's walked a bloated nine batters in 10 innings, albeit with a dozen strikeouts... **Lance Lynn** has also fanned 12 in ten frames, but he's issued only two free passes. In what could be the key to the White Sox season, the slimmed-down **Lucas Giolito** has 15 punch outs in 9.1 innings, walking four... Early indications are **Kendall Graveman** and **Reynaldo Lopez** will share closing duties. If the starting pitching stays healthy, the White Sox should generate a lot of save chances, giving both relievers value as a second of third closer in deeper mixed formats.

Cincinnati

The wounded are beginning to return, though with **Nick Senzel**, it's usually a matter of when, not if he'll get hurt again. Even so, the power/speed allure is still intriguing and he's still just 27-years-old. **Senzel** is slated to play some spring contests, but the plan is leaving him behind for extended spring training, with the hope he joins the club in mid-April... **Joey Votto** took the field for the first time last weekend. The Reds slow played his spring after a torn rotator cuff and left biceps injury truncated his 2022 campaign. What to expect from **Votto** is a crapshoot as his skills are on the decline, but it wasn't long ago he suddenly decided to eschew his patient approach and hit for power... Despite not pitching much in his stint with Team Mexico in the World Baseball Classic, **Luis Cessa** and the Reds are confident he'll be able to build up enough arm strength to open the season in the rotation. That said, he's risky with The Great American Ballpark as his home venue... **Hunter Greene** and **Nick Lodolo** are expected to front the Reds rotation. If the spring is any indication, **Graham Ashcraft** wants the club to have its own version of the big three. So far, **Ashcraft** has fanned 23 while issuing just two bases on balls in 16.2 frames. **Ashcraft** is best suited for formats where you can reserve him for tougher matchups.

Cleveland

The Guardians' lineup was all but set at the beginning of camp with no real competition for a starting spot. Perhaps **Terry Francona** is getting a look at both **Josh Naylor** and **Josh Bell** at first base, but one serves as a designated hitter, so for fantasy purposes, it's

moot. Of the two, **Naylor** is having the better spring as he's posted a .937 OPS in comparison to **Bell's** .701 mark. **Bell** is a switch-hitter, so he needs to hone two swings, which sometimes results in a slow start... **Cleveland** has a bevy of young middle infielders, including their starting double play duo of **Andres Gimenez** and **Amed Rosario**. With top prospects **Tyler Freeman** and **Brayan Rocchio** already sent to the farm, **Gabriel Arias** appears to be the main utility infielder. **Arias** and **Freeman's** status has dimmed, even though they're both just 23-years-old. **Riccio** is now the prized infielder of the Guardians system. **Arias** has emerging pop, but it's still below average. However, he's swiped four bags this spring... **Shane Bieber** appears ready for opening day, but the rest of the rotation has struggled. **Bieber** has fanned 14 with just two passes in 16.2 frames as he continues to focus more on inducing soft contact than ranking up strikeouts... Just as it appeared **Triston McKenzie** solved his control woes, he's walked 10 in 14.1 Cactus League innings... **Aaron Civale**, **Cal Quantrill** and **Zach Plesac** all haven't been sharp this spring, but a **Francona**-led club always seems to pull it together when the curtain rises.

Colorado

The big news out of Talking Stick is the somewhat out of the blue signing of **Jurickson Profar**. **Profar** is expected to play left field, shifting **Kris Bryant** across the diamond to right field. **Profar's** calling card is contact. He doesn't hit an inordinate number of fly balls, nor does he hit the ball with much authority. Sure, he'll be helped by playing at **Coors Field**, but this is far from a get **Profar** at all costs scenario... Playing time is a sum-zero game so **Profar's** addition means others will lose playing time. The first casualty is **Nolan Jones**, who was acquired from the Indians. **Jones** has already been optioned to the minors... Another player likely to lose playing time is **Michael Toggia**. **Toggia** was in the mix to start in the outfield, but now he'll fall into a reserve role, backing up the corner outfield spots and first base... **CJ Cron** is experiencing back spasms. There is no timetable for his return, but there is also no evidence it's a long-term concern... The only Colorado pitcher worth considering other than closer **Daniel Bard** is **German Marquez**, and that's not for the faint of heart. **Coors Field** inflates runs by 40 percent and streaming on the road is risky. **Marquez** is making it difficult to avoid him as he's thrown 11 shutout innings with 13 punch outs and just two walks.

Detroit

All the Tigers' positions are set, except for left field where **Matt Vierling**, **Akil Baddoo** and **Kerry Carpenter** are all in the mix. With Vierling missing around 10 games with knee strain, Baddoo and Carpenter had a chance to step up and claim the spot, putting Vierling and his hot spring start in the driver's seat. Detroit acquired Vierling in the **Gregory Soto** trade. He's a solid defender with a chance to be a back-end, multi-category contributor with mixed league allure if he plays regularly... The Tigers will likely head north with either Baddoo or Carpenter, but not both. Baddoo is the better defender, giving him an advantage... **Spencer Torkelson** began the Grapefruit League campaign 3-for-18, but has rebounded with a 7-for-19 stretch, featuring a pair of doubles and a home run. While this does not mean he'll carry the momentum into the regular season, it provides a needed boost in confidence as opening day fast approaches... **Eduardo Rodriguez** has stretched his scoreless innings streak to 13 as he's yet to allow a runner to cross the plate. The veteran southpaw has fanned 15 in that span... With **Michael Lorenzen** sidelined with a mild groin strain, he isn't guaranteed to be ready for opening day. As such, **Beau Brieske** and **Joey Wantz** are competing for the swingman role. With the oft-injured Spencer Turnbull in the rotation, both Brieske and Wantz will likely have a chance to fill in during the season. Neither are worth rosters, save for AL-only formats, but they could be one-and-done streamers for favorable matchups. **Alex Lange** continues to be the favorite to close in Motown, though **Jose Cisnero** has narrowed the gap with eight strikeouts in four frames.

Houston

Houston, we have a problem. Your starting second baseman took a **Daniel Bard** pitch off his hand, fracturing it. Jose Altuve is scheduled for thumb surgery, but has to wait for the swelling to go down. There is no timetable for his return, though he's expected to be out for over a month, with mid-May the optimistic target. More will be known following the surgery... **David Hensley** and **Mauricio Dubon** will likely share the playing time with Altuve out. Neither is anything more than an end-gamer in AL only formats... It's also looking like **Michael Brantley** will miss opening day as he's not fully recovered from last season's shoulder surgery. **Yordan Alvarez** will probably slide into designated hitter with **Jake Meyers**, Dubon and Hensley playing left field... Alvarez is scheduled to make his

spring debut on Thursday as he's been slowed with lingering soreness in his left hand. Alvarez experienced something similar in both hands last season and was still one of the most dangerous hitters in the league. Even so, at his cost of acquisition, concern is warranted... Houston's pitching depth chart looks odd without a proven ace at the helm, but they should be deep, especially when **Lance McCullers** returns. The club is optimistic for a May debut as they deem his injury as a low grade forearm strain. However, with someone whose health history is checked as McCullers, no injury is low grade... **Luis Garcia** spent the first part of the spring revamping his delivery as the rocking motion is his wind-up was going to be called a balk this season. He's only tossed five spring frames, but so far, so good with five strikeouts and one walk on his ledger.

Kansas City

When camp began, the plan was for **Drew Waters** to compete for the center field job with **Kyle Isbel**, but Waters hurt his oblique, handing Isbel the role by default. Isbel is flanked by **Nate Eaton** and **Edward Olivares** with all four outfielders capable of playing each outfield spot. This means one of the current starting trio could be challenged by Waters once he's healthy in mid to late April. Based on the spring, Olivares could be the odd man out as his production significantly lags that of Isbel and Eaton. There is still time for Olivares to lay claim to right field, but he could have some competition once Waters returns... A strong World Baseball Classic has **Nicky Lopez** back in the mix to be the starting second baseman, but his defensive versatility will likely keep him in a utility role, better suited for AL-only than mixed league usage... Don't be surprised if **Brady Singer** gets off to a slow start. The fact he was hit hard in his only World baseball Classic appearance isn't all that worrisome; it's more about the lack of work that's concerning. Singer may not be stretched out as much as other starters to begin the season. Not to mention, he's slated to face the Twins, Blue Jays, Rangers and Braves so he could end up being an early, "buy low" candidate if he struggles out of the gate.

Los Angeles Angels

Many assumed top prospect **Logan O'Hoppe** was ticketed to be the Angels opening day catcher, but he's now a long shot to make the club. It's not anything O'Hoppe did during camp as he's played well. However, he just 23-years-old and the club may prefer he

play regularly with Triple-A Salt Lake after spending most of last season in Double-A, before a shirt stint with Anaheim. If O'Hoppe does start in the minors, he should be back in the bigs this season... In the meantime, **Matt Thaiss** will serve as the back to **Max Stassi** behind the plate. Of the three catchers, Thaiss is the only left-handed swinger, which may help his cause securing a roster spot. Even if he does, Stassi should still receive the majority of the starts, so it won't be a platoon... **Jo Adell's** plate discipline remains an issue as he's fanned 19 times with just two walks in 46 plate appearances through Monday's games. He's seemingly bound to start his season in Triple-A... The talk of Angels camp has been **Ben Joyce**. Last week, the 22-year-old right-hander registered 104 mph on his fastball. With only 13 innings at the Double-A level as a professional, Joyce was earmarked for more seasoning on the farm, specifically to hone his control. However, after turning heads in camp, Joyce could make the team as a long reliever. The Angels have their six-man rotation set, but there is a lot of injury risk, so keeping Joyce stretched out with multiple-inning appearances would smooth the transition to the rotation... **Reid Detmers** is one of the many pitchers working at Driveline in the offseason. It has paid off with a spike in velocity and more movement on his fastball and slider, resulting in more strikeouts. This change feels actionable, pushing Detmers up a tier in the rankings.

Los Angeles Dodgers

Other than **Gavin Lux's** injury early in camp, the Dodgers position players have avoided serious injury. **Freddie Freeman's** hamstring issue was indeed mild and he's back in the Dodgers lineup... Lux's replacement is **Miguel Vargas**, who has mostly played first base, third base and left field. However, he is learning the keystone on the fly and has comported himself admirably, making a few highlight reel plays along with hitting well after returning from a finger injury... **JD Martinez** has struggled, especially with contact as he's fanned at a 27.7 percent clip. Perhaps with Freeman and **Mookie Betts** back in camp, Martinez doesn't have to feel like he must carry the offense and he can settle into a groove. His cost of acquisition comes with a steep UT-only discount and could be worth taking advantage of, especially if you have a few multi-eligibility players already on your roster... As bad as Martinez has looked, **Chris Taylor** has been even worse with a 40.8 strikeout rate, fueling a terrible

.435 OPS. This is another instance of a slow spring driving down the cost as the Dodgers don't have much of a choice other than playing Taylor... Someone to monitor in that regard is James Outman who has impressed the Dodgers brass and could make the opening day roster... With **Tony Gonso** ticketed for the IL to open the season, **Ryan Pepiot** is the likely No. 5 starter. Just by virtue of starting for the Dodgers, he's a person of fantasy interest, but Pepiot has earned the nod with 13 whiffs to just three walks in nine stanzas... Skipper Dave Roberts plans on using Evan Phillips in a fireman role, deploying him in what Roberts considers the most important part of the game. This may be the ninth, or Phillips may be summoned to face the meat of the opposing lineup early, ceding the save to Brusdar Graterol or Daniel Hudson, when Hudson returns.

Miami

The Marlins have yet to tip their hand with respect to **Bryan De La Cruz's** roster plight. The assumption remains the same. With **Yuli Gurriel** and **Jose Iglesias** both expected to make the team, **Jesus Sanchez** will probably be the everyday left fielder with **Bryan De a Cruz** beginning the season in the minors since he has options and Sanchez does not... **Jazz Chisholm's** defense in center has been shaky at times, but Miami is committed to making it work. Hopefully, he doesn't let what happens in the field affect him at the dish. It's shortsighted to connect the dots and blame his slow start offensively on learning a new position... **Jacob Stallings** is the primary backstop, but **Nick Fortes** should play a lot and can also fill in at first base if needed. There are probably better options in shallow mixed leagues requiring two catchers, but Fortes is a sneaky target in NL only since he'll play more than most backups at the position. He's currently dealing with knee tendinitis, but Fortes is expected back by the weekend... The Marlins rotation is healthy, except for veteran **Johnny Cueto** who is experiencing general arm soreness. The club doesn't feel it's serious... **Braxton Garrett** is next in line in the event Cueto isn't ready for opening day. Garrett's spring has been mixed. He's fanned 12 in 12 innings, but he's also walked five while surrendering 17 hits. Pitching in LoanDepot Park is generally a good thing, but the Marlins defense may mitigate the benefits, making Garrett more of a pickup for favorable matchups than draft target, even in deep leagues.

Milwaukee

Tyrone Taylor is the sole injury concern for the Brewers offense as he's dealing with a right elbow sprain which needed a platelet-rich plasma injection. Taylor isn't expected back until at last early May... **Garrett Mitchell** is the primary beneficiary as he's in line for most of the action in center field while Taylor is out. Mitchell's primary asset is speed, though he's muscled up for three homers and a .762 slugging mark... **Christian Yelich** has batted leadoff in all 10 of his games this spring which could be a sign they are content with him getting on base and running as opposed to trying to recapture the upper-cut swing he used before hurting his back. Yelich hasn't been bad so far with four extra base hits and six walks. Last season, Yelich was 19-for 22 stealing bases. With the new rules, he could surpass that this season...

Brian Anderson continues to rake.

He's a great fit for American Family Field and the dual third base and outfield eligibility can be quite useful...

Adrian Houser is slated to begin the season as a reliever with **Corbin Burnes**, **Brandon Woodruff**, **Freddy Peralta**, **Eric Lauer**, and **Wade Miley** comprising a sneaky good rotation. It could get even better in May when **Aaron Ashby** is scheduled to return... Lauer is the only starter not throwing well. He's walked six with just five strikeouts and 13 hits allowed in 13.2 innings. Lauer struggles with homers, so he needs to limit walks to minimize damage. Lauer has started 29 games in each of the past two seasons, so his spot seems safe, but he's also never has a pitcher the quality of Ashby waiting in the wings.

Minnesota

Manager Rocco Baldelli plans to use **Byron Buxton** as the designated hitter to begin the season. When camp began, he was still recovering from last season's arthroscopic knee surgery. Thus, he didn't play in a Grapefruit league game until this week. Buxton the reputation of being a five-category player, and he is, but keep in mind he's only swiped 36 bases in 307 games since 2018. This works out to around 18 in a full season which is obviously helpful, but perhaps lower than many intuit... With Buxton unable to play defense early, **Michael A. Taylor** is in line for more playing time. Since Minnesota is likely to cycle Buxton through the designated hitter spot even when he's healthy, Taylor may garner ample playing time for AL-only formats, providing cheap speed... Initially, it was reported **Jorge Polanco's** absence from games was not injury-related, even though he

missed the final month of 2022 with left patellar tendinitis. Currently, he's experiencing what's being termed as normal soreness, but it could be enough to keep him off the field through opening day. The hole at the keystone could be filled by **Nick Gordon** or **Donovan Solano**, with **Willi Castro** having a good chance to head north if Polanco begins the season on the IL... It's only been 8.1 innings, but **Joe Ryan's** new pitch repertoire seems to be working. He revamped his slider and added a split-finger to his arsenal, looking to back off last season's 60 percent fastball usage. He's fanned 11 with just two walks in his three appearances... **Jhoan Duran** will miss a couple of days after taking a line drive off his leg in a minor league game. While Duran will be in the mix for saves, Baldelli likes to play matchups, so others will also be in the ninth inning mix... Count **Jorge Lopez** among them as the former starter has taken to relieving and showed he could cluse with the Orioles last season.

New York Mets

Other than **Brandon Nimmo**, the Mets offense is in good shape health-wise. Nimmo has been out with mild ankle and knee sprains, but the intent is for a weekend return. Nimmo is coming off his first injury-free season (not including the pandemic year) since 2018, and he was paid accordingly. As such, it's important that he makes it through the rest of the camp unscathed and is a major contributor. Drafting him in that light is a risk, though the reward is higher in points and OBP formats... The initial plan was for **Eduardo Escobar** to man the hot corner while **Brett Baty** gets more seasoning on the farm. However, Escobar is slashing just .136/.240/.182 while Baty has posted a .333/.469/.436 line. The assumption is the veteran Escobar will flip the switch when the season begins, but Baty has at minimum forced the club into a decision... **Starling Marte** made his debut last week as he needed extra time to rehab from undergoing double groin surgery last September. Even at 34-years-old, speed is his game, so it was encouraging to see Marte collect his first steal last weekend... Last week, as we were putting the finishing touches on the newsletter, **Edwin Diaz** went down during Team Puerto Rico's celebration after defeating Team Dominican Republic. The worst came to fruition as Diaz underwent season-ending surgery on his right patellar tendon. A full recovery is expected, but he won't toe a major league rubber until 2024... David Robertson and Adam Ottavino are ex-

pected to share the ninth inning along with Brooks Raley. Raley is a southpaw, so he may be used in specific matchups. However, Raley has yet to pitch in a spring contest as he hurt his hamstring preparing to pitch for Team USA. That said, Raley rarely throws more than an inning and often only records an out or two, so it shouldn't take long for him to ramp up.

New York Yankees

Anthony Volpe continues to make a case to open the season as the Yankees starting shortstop, though he's slumped lately. Even so, he's outplayed erstwhile starter **Oswald Peraza**, at least at the dish. Volpe has posted a 1.028 OPS with five steals, compared to a .746 mark for Peraza... At present, DJ LeMahieu is a man without a position, but since he essentially backs up **Josh Donaldson**, **Anthony Rizzo** and **Giancarlo Stanton**, he'll play a lot. Early on, Stanton may play outfield with **Aaron Hicks** out, clearing the designated hitter spot for LeMahieu. **Josh Donaldson** could be on a short leash, with LeMahieu ready to man the hot corner. While it's best to stash LeMahieu on reserve in mixed leagues, there will be a time he's an asset, perhaps sooner than later... The news on **Carlos Rodon** took an optimistic turn as the latest word is he may miss only two or three starts as his forearm muscle strain is feeling better after doing some throwing... With Rodon's start to the season delayed, and Frankie Montas out until around the All-Star break, both **Clarke Schmidt** and **Domingo German** will start the season in the rotation, with Schmidt having a more impressive spring. Though, to be fair, most of German's woes came in one start where the Tigers pounded hour homers in two homers. German has otherwise pitched well. That said, given the choice between the two, Schmidt feels like the better fantasy option.

Oakland

A couple of infield spots are up for grabs, though neither are particularly relevant for mixed leagues, but the winners will be useful AL-only formats. Both openings are on the left side... **Jace Peterson** has played more than 155 games only once, back in 2015. However, he has a good chance to beat last season's 113 games if he continues to hold the starting job at third base. Peterson recorded a .706 OPS over the last two seasons playing in a great hitter's venue with the Brewers. His new digs aren't nearly as generous, but Peterson's only real competition is **Kevin Smith**, who struggled in the same spot last season... Short-

stop is more highly contested with **Nick Allen** and **Aledmys Diaz** in the mix. Allen is much better with the glove, but new skipper Mark Kotsay is looking for some offense from the position, citing scoring more runs than last season is the main priority. With a 1.008 OPS in his first 11 games, Allen is trying to show he's more than just a defender... Diaz has spent most of his career serving in a reserve capacity, including the last couple of campaign with the Astros. He'd likely still garner plenty of action if he played all over the field, but he'd play even more if it were at one position. Diaz already qualifies at second and outfield, but adding third base could add some appeal in deeper mixed leagues... Rule 5 draftee **Ryan Noda** has had a mixed spring. He's hitting for power with four extra base hits, but he's fanned 17 times in 30 plate appearances. Noda can play first base and the corner outfield, so Oakland may opt to keep him as they continue their rebuilding process. If not, the Dodgers can buy him back... Oakland plans to keep **Shintaro Fujinami** on his familiar five days rest. As such, the rest of the rotation will be on the same schedule, though early on there are ample off days to need only five starters to begin the season... Paul Blackburn won't be ready for opening day, so initially, the quintet will be **Ken Waldichuk**, **James Kaprelian**, **Fujinami**, **Drew Rucinski** and **Kyle Muller** with **JP Sears** on standby as the sixth until Blackburn can return. Sears may be needed as a spot starter to keep Fujinami on schedule, not to mention replace an injured starter... By virtue of pitching home games in a run-suppressing venue, all Oakland starters carry some streaming charm with Waldichuk having the most upside if he can fix his inconsistent control.

Philadelphia

Phillies camp is about to get more crowded with **Trea Turner**, **Kyle Schwarber** and JT Realmuto making their way back from the World Baseball Classic. Turner was most instrumental in Team USA reaching the finals, before succumbing 3-2 to Team Japan. He slugged five homers to lead the tournament. **Ronald Acuna Jr.**, **Jose Ramirez**, **Aaron Judge** and **Julio Rodriguez** all have a case for the top overall draft pick, but Turner showed why he's most deserving... There is positive news on the **Bryce Harper** front as the club is waiting to put him on the 60-man II, implying he may return sooner. Don't get too excited and jump Harper up cheat sheets too much, but yes, Lloyd Christmas, I'm telling you there's a chance he's back by late May/early June... Re-

member **Scott Kingery**, he of the six-year, \$24 million dollar contract signed heading into the 2018 season? Well, he's challenging for a bench spot. We only hear about those successfully joining the launch angle revolution, nary a word about those unable to do it. Kingery tried to add more loft and ended up hurting his swing. He's reverted to his old approach and has recorded a .889 OPS through 16 games... **Ranger Suarez** won't be ready to begin the season in the rotation as he's still bothered with inflammation in his left forearm. The club is still downplaying the severity, but drafting Suarez requires a discount as sore forearms sometimes develop into something more serious... With **Andrew Painter** out and **Christian Sanchez** shut down with a sore triceps, **Matt Strahm** is the likely fill in for Suarez. Strahm has been strictly a reliever lately, but he used to start and has been stretched out this spring. Even so, he's slated to face the Yankees in the Bronx, so he's not on the fantasy radar.

Pittsburgh

The Pirates have been one of the healthier, hence quieter camps. Carlos Santana was experiencing some knee soreness but he's back to splitting first base and designated hitter with Ji-Man Choi... Rodolfo Castro was quietly productive down the stretch last season. Unfortunately, he hasn't carried the momentum over to this season, at least not yet. Castro has registered a .562 OPS, opening the door for Ji Hwan Bae to get in the second base picture. However, Bae has been even worse with a .520 OPS. Castro has a leg up on the job, but it could be a case of riding the hot hand until someone establishes themselves as the everyday second baseman... The left side of the infield is set in stone with Ke'Bryan Hayes at third and Oneil Cruz the shortstop. Hayes' on base mark is only .286, but he's slugging .704. Cruz is getting on base at a lowly 24 percent clip, while fanning 27 percent of the time, which is higher than average but below Cruz's usual level... **Mitch Keller** has carried over last season's strong finish last season to the spring, fanning 20 while issuing just one free pass in 15.2 frames. Assuming Keller will continue to excel in the regular season, but he did add a new pitch to his arsenal, an offering described as being part cutter and part slider... **JT Brubaker** continues to lead all pitchers with 26 punchouts. He's logged 17.1 innings, walking only three, but he has yielded three homers... **Roansy Contreras** has only compiled six innings,

but the club still says he'll be ready for the regular season with no workload restrictions.

San Diego

Juan Soto hurt his oblique last Sunday, but the results of an MRI were encouraging as it's being deemed very mild with the anticipation he returns early enough to collect more spring at bats before the season opener... **Austin Nola** has a broken nose after being hit by a pitch, but he's still confident he'll be ready for opening day. Nola begins the season as the Padres primary backstop but could be challenged by **Luis Campusano** if Campusano continues to show improved defense. Campusano is hitting only .227, but four of his five hits have been of the extra base variety and he's fanning at an economical 16.7 percent clip...

Jake Cronenworth remains of the most underappreciated fantasy hitters, primarily because he doesn't hit as many homers as some want from a first baseman, nor steal enough for a second baseman. However, he gets on base, knocks in teammates, and crosses the plate a lot. Cronenworth isn't a sexy pick, but it's a winning one... Last week, it was reported manager Bob Melvin was considering holding **Yu Darvish** out of Cactus League action after he returned from the World Baseball Classic. Now the work is Melvin is concerned about Darvish's limited workload with Team Japan and isn't sure if he'll be ready for the start of the season. Chances are, Darvish knows what he needs to do to be ready and he'll get it done... **Nick Martinez** was not slated to pitch in the World Baseball Classic final, so he left Team USA early to get more work in as he's also behind in gearing up for the regular season. Martinez is scheduled to work the final game of the club's season-open four-game set at home against the Rockies. This may be an enticing matchup, but note he draws the Braves on the road the following week.

San Francisco

Health continues to be an issue in Giants camp, though a couple of important pieces have returned or close to coming back. **Brandon Crawford** heads the list as he's back in the lineup after receiving a cortisone shot for a bothersome left knee. Crawford is entering the twilight years of a solid career, but he's showing signs of decline, both at the plate and in the field. His durability is also suspect, and the Giants don't have much by way of backups at shortstop... **Mitch Haniger** continues to make progress on his oblique and is in

fact ahead of schedule. However, he's still going to miss opening day, with a mid-April return the best-case scenario... **Joc Pederson** was scratched from Tuesday's affair with lower body soreness, but the move was deemed precautionary and likely resulted from wet field conditions as it continues to be an uncharacteristically rainy Cactus League season... **Austin Slater** is on the shelf until late April with a strained left hamstring. He was ticketed to a short-side platoon role, though he's ended up playing more when other teammates get hurt... The Giants pitching, on the other hand, is relatively healthy, except for some of the middle relievers... Because there are no holes in the rotation, **Sean Hjelle** will likely start the season with Triple-A Sacramento, despite opening eyes in the spring games. The 25-year-old righty has 18 strikeouts while issuing just two free passes in 15 frames. Hjelle has also yet to yield a home run. He's not worth drafting, but Hjelle merits a reserve spot in deeper formats... Those focusing on Sean **Manaea's** 5.40 ERA may be fooled into thinking his 2022 struggles are carrying over to this season. However, the best test is fanning 11 with two walks and no homers allowed in 11 stanzas. If he keeps up those peripherals, the results will follow.

Seattle

The only thing slowing down **Jarred Kelenic** this spring is mild quad tightness, and the club feels it will be short lived. The former Mets has been raking in Grapefruit League action, posting an eye-popping 1.311 OPS through 15 games. He's swatted homers and added three stolen bases. Most importantly, Kelenic's strikeout rate is a manageable 22 percent... The Mariners are thin at shortstop, so it is good to see **J.P. Crawford** playing the field again. Crawford doesn't have much power or speed, so he needs the volume of hitting leadoff to be in the fantasy mix. However, with the revamped Mariners lineup, he's slated to bat low in the order, if not ninth... Utilityman **Dylan Moore** is Crawford's primary backup, but Moore has been on the shelf all spring with a Grade 1 oblique strain which will sideline him through opening day. As such, **Sam Haggerty** may pick up more playing time in the outfield while **Mason McCoy** could head north with the Mariners as the reserve infielder. Haggerty has some AL-only allure after stealing 13 bases in 14 tries in only 83 games last season. McCoy merits no fantasy attention... **Robbie Ray** continues to excel in the Grapefruit League with 21 punch outs

in 12 stanzas, though he's also walked five... **Logan Gilbert** is also excelling with 15 strikeouts and two walks, however **Luis Castillo** has struggled a bit, though he should be fine for the season.

St. Louis

Nolan Arenado survived a scare after being hit by a pitch on his hand in the semifinals of the World Baseball Classic, but he was able to play in the finals when Team USA fell to Team Japan... With so many of the Cardinals representing their countries in the tournament, **Juan Ypez** received a bunch of playing time, but he did not take full advantage. The designated hitter spot was his for the taking, but he also has options left and St. Louis has options they can funnel through the spot. Ypez slashed just .220/.286/.340 in 50 plate appearances, putting his opening day roster spot in question... Ypez's struggles clear a pathway for **Jordan Walker** to secure early season playing time as he's slashed a robust .333/.345/.593... **Nolan Gorman** is another candidate to grab some action at designated hitter since he's blocked at third base by **Nolan Arenado** and **Brendan Donovan** has seemingly sewed up the job at the keystone. Gorman has impressed with three homers and a .413 on base clip, but he's at an elevated 32.6 percent pace... With someone like **Jack Flaherty**, health is more important than initial results, and all is encouraging on that front. Though, the oft-injured righty had to deal with calf discomfort and an illness, but he's over both. There isn't much time, but Flaherty knows what he needs to do to be ready for opening day. Through 16 innings, he's fanned 14 with four walks while yielding a bloated 22 hits... It's been a rough spring for **Jordan Montgomery**, so he's taken his woes to the back fields to work things out. This is another example of why spring stats should be mostly ignore, except when they determine job battles, and Montgomery is in no danger of losing his spot in the Cardinals rotation.

Tampa Bay

Wander Franco and **Randy Arozarena** are the only position players assured of playing nearly every day. Arozarena will cost a bit more following a strong World Baseball Classic. Franco, on the other hand, is going for less than previous seasons as he's yet to achieve the success expected from the former overall No. 1 prospect in baseball. Injuries have curtailed his power development, but the hit tool is major league ready, as is the ability to steal

bases... **Jonathan Aranda** is a prototypical Rays player. He's able to move around the field defensively and he's a tough out at the dish as he rarely whiffs. Aranda won't play nearly enough for mixed league consideration, but he has a place on an AL-only roster... **Harold Ramirez** is back in Rays camp after representing Colombia in the World baseball Classic. Ramirez struggled in the tournament but has enough time to get ready for the regular season where he's expected to serve as Tampa's primary designated hitter. Ramirez has dual eligibility at first base and outfield which is important in deeper mixed league as both positions are thinner than usual, so Ramirez can assist in filling a hole with the best available at either spot...

Tyler Glasnow hurt his oblique in late February. The early reports estimated he'd be out six to eight weeks, but without any follow-up reports, it's best to expect a longer recovery period... In today's game, sometimes it's better to evaluate players in the short term, and not for the season. Specifically, many approach the back end of their fantasy staff as fungible entities, with the design of streaming pitchers with favorable matchups. Why not draft accordingly? That is, consider using the schedule to guide your draft picks earmarked for the fungible roster spot. **Zach Eflin** is slated to face the Nationals and Athletics in the first full week of the season. In terms of double-dippers, it doesn't get much better than that.

Texas

As expected, **Robbie Grossman** will be the Rangers starting left fielder, fending off **Josh Smith**, **Bubba Thompson** and **Brad Miller**. Grossman is coming off a disappointing 2022 season, but prior, he was a solid on base guy who put up a 23-home run, 20 stolen base campaign with Detroit in 2021... With Grossman in left field, Miller will be responsible for most of the playing time at designated hitter, though new manager Bruce Bochy will probably shuttle a few players through the spot... After collecting all his plate appearances last season at designated hitter, **Mitch Garver** did the squatting for Jacob deGrom's first spring start. Even so, Jonah Heim is expected to catch the majority of the time, with Garver one of the hitters Bochy uses at designated hitter, especially against left-handers. Garver is back on the fantasy radar, with appeal as a second catcher in deep mixed leagues... The rotation is rounding into shape, as not only is deGrom pitching in spring games, but so is **Nathan Eovaldi**. Both pitched well in

their returns... Despite being the first hurler to reach six innings in a game, **Dane Dunning** is earmarked for long relief, though he'll be busy early as deGrom and Eovaldi won't be stretched out and the Rangers rotation has injury concerns, so Dunning will likely be called upon to start. As opposed to its predecessor, Globe Life Field plays pitcher-friendly, putting all the Texas starts in contentions for a streaming roster spot.

Toronto

There isn't much to decide in terms of the Blue Jays lineup, with the starters all established coming into camp. Not to mention, other than minor injuries to **Vlad Guerrero** and **Alejandro Kirk** which are no longer an issue, everyone is healthy... Of slight concern is the poor production from third baseman **Matt Chapman** and left fielder **Daulton Varsho**, more so with Varsho as he's fanned at a 28.3 percent clip while walking only 4.3 percent of the time. Chapman, on the other hand, has a tiny 10.8 percent strikeout rate with an 8.1 percent walk rate. If their struggles have others lowering them in rankings, don't hesitate to take advantage, both should be fine... **Bo Bichette's** .350/.395/.550 through 15 games looks impressive, perhaps first round material. However, he's only 2-for-4 in stolen base attempts. Granted, if he was 3-for-4, this wouldn't be noteworthy, but he's coming off a season where his success rate was only 62 percent (13-for-21), though it was 96 percent (25-for-26) the prior campaign... Like the lineup, Toronto's rotation was basically set from the jump, with the only question being the No. 5 spot between **Yusei Kikuchi** and **Mitch White**. Kikuchi's spring has been uneven as he started out strong, but he's had trouble throwing strikes as opening day grows closer. A shoulder impingement has kept White from taking the hill in the Grapefruit League, so Kikuchi will probably make the opening day rotation, but his leash will be short... There is cause for concern regarding **Jose Berrios** as he's coming off a frustrating season. Berrios was lit up in his only appearance in the World baseball Classic, plus he's only thrown 5 stanzas in the Grapefruit Leagues. The struggles on the mound are secondary to how little he's thrown thus far. Berrios is a veteran, so he knows what he needed to do to get ready, but time is short to get properly stretched out and regain confidence.

Washington

After dealing with a few minor bumps and bruises, the Nationals lineup is

healthy as opening day approaches. Only **Carter Kieboom** remains sidelined as he continues to rehab from Tommy John surgery, although he recently was sidelined with shoulder soreness... Two of the key players for Washington as they recover from last season's fire sale are middle infielders **Luis Garcia** and **CJ Abrams**. Abrams is one of the players recently returning from injury as he dealt with a bout of back tightness. Abrams has returned to the lineup where he poses a stolen base threat, especially if he can get on base more frequently. In a dozen games, Abrams has posted a respectable .306/.333/.361 line, with four steals in four attempts... Garcia hasn't fared as well with a .730 OPS, but he's fanned at a reasonable 19.1 percent clip, so the hits should begin to pile up... **Jeimer Candelario** is struggling with a .527 OPS. It's a leap of faith, but Candelario's underlying metrics, particularly in the power department portend an improved campaign. Playing in hitter-friendly Nationals Park should aid Candelario, whose fantasy price is nearly free... As promised last week, we'd provide an update on Cade Cavalli, but it's not good. The 24-year-old righthander requires Tommy John surgery, sidelining him for all this season and a good chunk of next year... Chad Kuhl is next in line for Washington. He has struggled with the Pirates and Rockies, so don't expect Kuhl to find the elixir with the Nationals... With Cavalli and **Stephen Strasburg** both on the shelf, the already thin Nationals rotation is devoid of any depth, putting a lot of pressure on **Josiah Gray** and **MacKenzie Gore** to stay healthy and pitch well. Gray was of course part of the return for **Trea Turner** while Gore was one of the centerpieces of the **Juan Soto** deal. Gray has had the better spring, fanning 11 with just one walk in 12.1 innings. Meanwhile, Gore has walked six in 14 frames with only nine punch outs while allowing three homers. Both are risky fantasy entities as streaming home at hitter-friendly Nationals Park isn't ideal.