

| Group | A | Team | W | L | T | GF | GA | Pts |
|-------|----|-----------------------------------|---|----|---|----|----|-----|
| | | Amherst Crew | 8 | 1 | 1 | 37 | 11 | 25 |
| | | KenTon Force | 6 | 2 | 2 | 19 | 11 | 20 |
| | | Lancaster-Depew FC | 4 | 5 | 1 | 18 | 18 | 13 |
| | | WSIS Magic | 3 | 6 | 1 | 11 | 25 | 10 |
| | | Grand Island Vikings | 2 | 5 | 3 | 16 | 23 | 9 |
| | | Niagara Pioneer Rangers | 2 | 6 | 2 | 15 | 28 | 8 |
| Group | B | Team | W | L | T | GF | GA | Pts |
| | | Yemen Force | 8 | 2 | 0 | 30 | 11 | 24 |
| | | Lockport Lightning | 7 | 3 | 0 | 21 | 7 | 21 |
| | | Kenmore Niagara | 6 | 4 | 0 | 34 | 12 | 18 |
| | | Hamburg Monarchs Black | 4 | 6 | 0 | 16 | 14 | 12 |
| | | Tritown Gunners | 4 | 6 | 0 | 12 | 34 | 12 |
| | | Orchard Park Predators | 1 | 9 | 0 | 8 | 43 | 3 |
| Group | CC | Team | W | L | T | GF | GA | Pts |
| | | Clarence Inferno Red B16 | 7 | 1 | 1 | 21 | 3 | 22 |
| | | Alden Eliminators | 7 | 2 | 1 | 24 | 15 | 22 |
| | | Delaware Rovers | 6 | 2 | 2 | 27 | 13 | 20 |
| | | Kenmore Sting | 4 | 5 | 1 | 12 | 14 | 13 |
| | | South Buffalo Fighting Irish | 1 | 7 | 1 | 5 | 24 | 4 |
| Group | CN | Team | W | L | T | GF | GA | Pts |
| | | Akron Anarchy | 8 | 1 | 1 | 42 | 17 | 25 |
| | | Lockport Thunder | 3 | 3 | 4 | 12 | 14 | 13 |
| | | Niagara Wheatfield Stallions Thun | 3 | 5 | 2 | 16 | 18 | 11 |
| | | Amherst FC U16 | 2 | 4 | 4 | 16 | 18 | 10 |
| | | Clarence Inferno White B16 | 0 | 10 | 0 | 7 | 48 | 0 |
| Group | CS | Team | W | L | T | GF | GA | Pts |
| | | West Seneca Elite | 7 | 1 | 2 | 35 | 9 | 23 |
| | | Hamburg Monarchs Blue | 7 | 2 | 1 | 28 | 10 | 22 |
| | | Holland Asteroids | 5 | 5 | 0 | 22 | 25 | 15 |
| | | Cheektowaga Adrenaline | 3 | 7 | 0 | 19 | 34 | 9 |
| | | Lakeshore Lightning | 1 | 9 | 0 | 14 | 38 | 3 |