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| 18-Sep | 6:15 Stars 7:45 Moose 9:15 Jets | Gophers Filthy Mitts Nighthawks |
| 25-Sep | 6:15 Jets 7:45 Gophers 9:15 Stars | Filthy Mitts Moose Nighthawks |
| 2-Oct | 6:15 Gophers 7:45 Filthy Mitts 9:15 Moose | Nighthawks Stars Jets |
| 9-Oct | 6:15 Jets 7:45 Gophers 9:15 Moose | Stars Filthy Mitts Nighthawks |
| 16-Oct SLP ROC | 5:15 Moose 6:45 Gophers 9:15 Nighthawks | Stars Jets Filthy Mitts |
| 23-Oct SLP ROC | 4:30 Filthy Mitts 6:00 Jets 7:30 Stars | Moose Nighthawks Gophers |
| 30-Oct | 6:15 Gophers 7:45 Stars 9:15 Jets | Moose Nighthawks Filthy Mitts |
| 6-Nov | 6:15 Moose 7:45 Gophers 9:15 Filthy Mitts | Jets Nighthawks Stars |
| 13-Nov | 6:15 Stars 7:45 Nighthawks 9:15 Jets | Moose Filthy Mitts Gophers |
| 20-Nov | 6:15 Filthy Mitts 7:45 Jets 9:15 Moose | Gophers Stars Nighthawks |
| 27-Nov | 6:15 Filthy Mitts 7:45 Stars 9:15 Nighthawks | Moose Gophers Jets |
| 4-Dec | 6:15 Filthy Mitts 7:45 Nighthawks 9:15 Moose | Jets Stars Gophers |
| 11-Dec | 6:15 Gophers 7:45 Jets 9:15 Stars | Nighthawks Moose Filthy Mitts |
| 18-Dec | 6:15 Stars 7:45 Nighthawks 9:15 Jets | Moose Filthy Mitts Gophers |

12/25, 1/1 HOLIDAY BREAK – NO GAMES

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| 8-Jan | 6:15 Stars | Jets |
| | 7:45 Nighthawks | Moose |
| | 9:15 Gophers | Filthy Mitts |
| 15-Jan | 6:15 Jets | Nighthawks |
| | 7:45 Gophers | Stars |
| | 9:15 Moose | Filthy Mitts |
| 22-Jan | 6:15 Gophers | Nighthawks |
| | 7:45 Jets | Moose |
| | 9:15 Stars | Filthy Mitts |
| 29-Jan | 6:15 Nighthawks | Stars |
| | 7:45 Filthy Mitts | Jets |
| | 9:15 Gophers | Moose |
| 5-Feb | 6:15 Filthy Mitts | Gophers |
| | 7:45 Nighthawks | Moose |
| | 9:15 Jets | Stars |
| 12-Feb | SUPER BOWL SUNDAY: No Games | |
| 19-Feb | 6:15 Filthy Mitts | Nighthawks |
| | 7:45 Jets | Gophers |
| | 9:15 Stars | Moose |

PLAY-OFFS *NOTE DATES AND TIMES.* First and second place get a bye in the first round.

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| 2/26/2023 PARADE N | 6:30 Game 1 | 6 th vs 3 rd | (OT = same as Championship) |
| | 8:00 Game 2 | 5 th vs 4 th | (OT = same as Championship) |
| 3/5/2023 PARADE N | 5:15 Game 3 | 1 st vs WG2 | (OT = same as Championship) |
| | 6:45 Game 4 | 2 nd vs WG1 | (OT = same as Championship) |

CHAMPIONSHIP SUNDAY

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|-----------------|--------------------------|---|
| 12-Mar PARADE N | 2:00 CONSOLATION | Losers Game 1 & Game 2 (No OT: TIE = 3 player shootout) |
| | 3:30 CHAMPIONSHIP | Winners Game 3 & 4 (OT= One 5 min stop 5 v 5; one 10 min stop 4 v 4; one 5 min stop 3 v 3) |
| | 5:00 THIRD PLACE | Losers of Game 3 & 4 (OT= One 5 min running 4 v 4; 3 player shootout) |