

| AgDv | League | Club | Team | Standing | | | | Totals | | | (UP/DN frm Div n) | Adjustment | Rnk | Gms |
|------|--------|------------------|-------------------|----------|----|---|----|--------|----|-----|-------------------|------------|-----|-----|
| | | | | W | L | T | P | GF | GA | GD | | | | |
| 16G1 | RCYSL | Rosemont | RSC Kats | 9 | 1 | 0 | 18 | 37 | 8 | 29 | | | 1 | 10 |
| 16G1 | PYSL | Rocklin | Rkl Regulators | 6 | 2 | 2 | 14 | 16 | 12 | 4 | | | 2 | 10 |
| 16G1 | PYSL | Roseville | Rsv Dynamos | 5 | 2 | 2 | 12 | 16 | 4 | 12 | | | 3 | 9 |
| 16G1 | SYSL | Southgate | SG Diamonds | 7 | 1 | 2 | 11 | 27 | 14 | 13 | UP frm Div 2 | | 4 | 10 |
| 16G1 | SYSL | West Sacramento | WS Tigers | 3 | 2 | 3 | 9 | 19 | 15 | 4 | | | 5 | 8 |
| 16G1 | EGYSL | Elk Grove | EG Fusion | 3 | 3 | 3 | 9 | 20 | 20 | 0 | | | 6 | 9 |
| 16G1 | FLYSL | Folsom | FSC Honey Badgers | 5 | 2 | 3 | 8 | 38 | 21 | 17 | UP frm Div 3 | | 7 | 10 |
| 16G1 | PYSL | Rocklin | Rkl E.Lemon.Ators | 1 | 7 | 1 | 3 | 11 | 23 | -12 | | | 8 | 9 |
| 16G2 | SYSL | Fruitridge | FR United | 7 | 1 | 2 | 16 | 25 | 9 | 16 | | | 9 | 10 |
| 16G2 | CVYSL | North Highlands | NHA Lady Dynamite | 7 | 1 | 2 | 16 | 15 | 3 | 12 | | | 10 | 10 |
| 16G2 | RCYSL | Rosemont | RSC Fusion. | 6 | 2 | 2 | 14 | 18 | 13 | 5 | | | 11 | 10 |
| 16G2 | BSL | Oroville | Oro Dynasty | 4 | 4 | 1 | 9 | 16 | 13 | 3 | | | 12 | 9 |
| 16G2 | PYSL | Loomis | Lms Impact | 5 | 2 | 1 | 7 | 33 | 11 | 22 | UP frm Div 3 | | 13 | 8 |
| 16G2 | EGYSL | Elk Grove | EG Rampage | 5 | 4 | 1 | 7 | 28 | 16 | 12 | UP frm Div 4 | | 14 | 10 |
| 16G2 | PYSL | Roseville | Rsv Heart | 3 | 5 | 1 | 7 | 15 | 20 | -5 | DN frm Div 1 | | 15 | 9 |
| 16G2 | ARYSL | Orangevale | OV Jaguars | 3 | 6 | 1 | 7 | 8 | 22 | -14 | | | 16 | 10 |
| 16G2 | FLYSL | Folsom | FSC Red Caps | 1 | 6 | 2 | 4 | 11 | 17 | -6 | | | 17 | 9 |
| 16G2 | RCYSL | Del Dayo | DD Dolphins | 2 | 8 | 0 | 4 | 7 | 27 | -20 | | | 18 | 10 |
| 16G3 | SYSL | Valley Hi | VH Warriors | 6 | 2 | 2 | 14 | 21 | 7 | 14 | | | 19 | 10 |
| 16G3 | PYSL | Roseville | Rsv Suns | 6 | 2 | 2 | 14 | 26 | 25 | 1 | | | 20 | 10 |
| 16G3 | CVYSL | Del Campo | DC SC United | 6 | 2 | 1 | 13 | 25 | 9 | 16 | | | 21 | 9 |
| 16G3 | PYSL | Roseville | Rsv Honey Bees | 5 | 2 | 3 | 13 | 20 | 20 | 0 | | | 22 | 10 |
| 16G3 | PYSL | Roseville | Rsv Thunderbirds | 7 | 2 | 1 | 11 | 24 | 14 | 10 | UP frm Div 4 | | 23 | 10 |
| 16G3 | RCYSL | British-American | BAC Celtic | 5 | 3 | 1 | 11 | 24 | 18 | 6 | | | 24 | 9 |
| 16G3 | RHYSL | El Dorado Hills | EDH Hurricanes | 5 | 4 | 1 | 11 | 13 | 13 | 0 | | | 25 | 10 |
| 16G3 | PYSL | Roseville | Rsv Rush | 3 | 7 | 0 | 6 | 9 | 20 | -11 | DN frm Div 2 | | 26 | 10 |
| 16G3 | PYSL | Roseville | Rsv Wild Things | 2 | 5 | 1 | 5 | 18 | 22 | -4 | | | 27 | 8 |
| 16G3 | CVYSL | Carmichael | CSC Goalminers | 1 | 6 | 3 | 5 | 11 | 21 | -10 | DN frm Div 2 | | 28 | 10 |
| 16G3 | PYSL | Rocklin | Rkl Wildcats | 1 | 7 | 2 | 4 | 12 | 25 | -13 | | | 29 | 10 |
| 16G3 | EGYSL | Elk Grove | EG Elite | 1 | 7 | 1 | 3 | 7 | 22 | -15 | | | 30 | 9 |
| 16G3 | EGYSL | Elk Grove | EG AfterShock | 1 | 8 | 1 | 3 | 6 | 33 | -27 | DN frm Div 1 | | 31 | 10 |
| 16G4 | PYSL | Lincoln | Lnc Pride | 8 | 2 | 0 | 16 | 34 | 17 | 17 | | | 32 | 10 |
| 16G4 | PYSL | Roseville | Rsv Surf | 7 | 3 | 0 | 14 | 35 | 15 | 20 | | | 33 | 10 |
| 16G4 | PYSL | Roseville | Rsv Ignite | 7 | 3 | 0 | 14 | 27 | 12 | 15 | | | 34 | 10 |
| 16G4 | EGYSL | Elk Grove | EG Scorchers | 9 | 1 | 0 | 13 | 42 | 12 | 30 | UP frm Div 5 | | 35 | 10 |
| 16G4 | SYSL | East Sacramento | ES Jets | 8 | 2 | 0 | 11 | 32 | 8 | 24 | UP frm Div 5 | | 36 | 10 |
| 16G4 | SYSL | Land Park | LP Wildcats. | 5 | 4 | 1 | 11 | 28 | 20 | 8 | | | 37 | 10 |
| 16G4 | EGYSL | Elk Grove | EG The Heat | 5 | 3 | 1 | 11 | 27 | 26 | 1 | | | 38 | 9 |
| 16G4 | EGYSL | Elk Grove | EG Chaos | 4 | 4 | 2 | 10 | 29 | 25 | 4 | | | 39 | 10 |
| 16G4 | ARYSL | Orangevale | OV Mustangs | 4 | 4 | 2 | 10 | 21 | 21 | 0 | | | 40 | 10 |
| 16G4 | 49YSL | 49er | 49r Dominators | 5 | 2 | 1 | 8 | 20 | 10 | 10 | UP frm Div 6 | | 41 | 8 |
| 16G4 | SNYSL | Sacramento North | SN Republic FC | 5 | 5 | 0 | 6 | 33 | 29 | 4 | UP frm Div 6 | | 42 | 10 |
| 16G4 | SYSL | Clarksburg | CL Renegades | 2 | 7 | 1 | 5 | 24 | 47 | -23 | | | 43 | 10 |
| 16G4 | PYSL | Roseville | Rsv Angels | 0 | 7 | 3 | 3 | 12 | 36 | -24 | DN frm Div 3 | | 44 | 10 |
| 16G4 | ARYSL | Rancho Cordova | RC Colts | 1 | 10 | 0 | 2 | 7 | 38 | -31 | DN frm Div 3 | | 45 | 11 |

Teams who move up one or more divisions at mid-season receive only 1 point for each first half win (rather than 2 points).

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|------|--------|------------------|-------------------|----------|---|---|---|--------|----|----|-------------------|------------|-----|-----|
| | | | | W | L | T | P | GF | GA | GD | | | | |
| 16G5 | EDYSL | Prospector | PSC Hunters | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 46 | 0 |
| 16G5 | PYSL | Granite Bay | GB Wild Grizzlies | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 47 | 0 |
| 16G6 | PYSL | Rocklin | Rkl Pink Bobcats | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 48 | 0 |
| 16G5 | CVYSL | Carmichael | CSC Vikings | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 49 | 0 |
| 16G5 | CVYSL | Mission-EICamino | MEC Sidekicks | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 50 | 0 |
| 16G5 | NUYSL | Natomas | NSC Strikers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 51 | 0 |
| 16G6 | BYSL | Oroville | Oro Monarchs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 52 | 0 |
| 16G6 | PYSL | Roseville | Rsv Victory | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 53 | 0 |
| 16G5 | EDYSL | Sierra Gold | SGd Knock Outs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 54 | 0 |
| 16G6 | BYSL | Oroville | Oro The Rage | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 55 | 0 |
| 16G5 | VYSL | Vacaville | Vac Strikers FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 4 | | 56 | 0 |
| 16G6 | FLYSL | Folsom | FSC Aftershock | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 4 | | 57 | 0 |
| 16G5 | CVYSL | North Highlands | NHA Elite FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 58 | 0 |
| 16G5 | FLYSL | Folsom | FSC Leopards | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 59 | 0 |
| 16G5 | EDYSL | Prospector | PSC Tie-Fighters | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 60 | 0 |
| 16G6 | PYSL | Roseville | Rsv Lightning | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 61 | 0 |
| 16G6 | CVYSL | Citrus Heights | CH Hurricanes. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 4 | | 62 | 0 |
| 16G6 | BYSL | Paradise Ridge | PR Wildcats | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 63 | 0 |
| 16G5 | RHYSL | El Dorado Hills | EDH Extreme | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 64 | 0 |
| 16G5 | EGYSL | Elk Grove | EG Destroyers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 4 | | 65 | 0 |

| | | | | | | | | | | | | | | |
|------|-------|------------------|-------------------|---|---|---|----|----|----|-----|--------------|--|----|----|
| 16B1 | SYSL | Davis Alliance | Dav Juventus | 7 | 2 | 1 | 15 | 30 | 9 | 21 | | | 1 | 10 |
| 16B1 | SYSL | Davis Alliance | Dav Lobos | 6 | 2 | 2 | 14 | 29 | 10 | 19 | | | 2 | 10 |
| 16B1 | SYSL | Valley Hi | VH Renegades | 8 | 0 | 2 | 13 | 62 | 8 | 54 | UP frm Div 2 | | 3 | 10 |
| 16B1 | SYSL | Davis Alliance | Dav Spartans. | 9 | 1 | 0 | 13 | 61 | 12 | 49 | UP frm Div 3 | | 4 | 10 |
| 16B1 | SYSL | Southgate | SG Aztecas | 5 | 2 | 3 | 13 | 34 | 17 | 17 | | | 5 | 10 |
| 16B1 | PYSL | Rocklin | Rkl Eagles | 5 | 3 | 2 | 12 | 32 | 12 | 20 | | | 6 | 10 |
| 16B1 | RCYSL | Rosemont | RSC Revolution | 5 | 3 | 2 | 12 | 29 | 17 | 12 | | | 7 | 10 |
| 16B1 | SYSL | Greenhaven | GH Rams | 4 | 4 | 2 | 10 | 19 | 17 | 2 | | | 8 | 10 |
| 16B1 | BYSL | Oroville | Oro Timbers | 6 | 4 | 0 | 7 | 24 | 24 | 0 | UP frm Div 2 | | 9 | 10 |
| 16B1 | SYSL | Fruitridge | FR America | 2 | 8 | 0 | 4 | 23 | 59 | -36 | | | 10 | 10 |
| 16B2 | PYSL | Roseville | Rsv Vipers | 8 | 1 | 1 | 17 | 36 | 10 | 26 | | | 11 | 10 |
| 16B2 | PYSL | Roseville | Rsv Condors | 6 | 3 | 1 | 13 | 33 | 19 | 14 | | | 12 | 10 |
| 16B2 | PYSL | Roseville | Rsv Cleats | 7 | 0 | 3 | 12 | 42 | 9 | 33 | UP frm Div 4 | | 13 | 10 |
| 16B2 | RCYSL | Rosemont | RSC Mustangs | 6 | 4 | 0 | 12 | 35 | 23 | 12 | | | 14 | 10 |
| 16B2 | EGYSL | Elk Grove | EG Chelsea | 5 | 3 | 2 | 12 | 26 | 14 | 12 | | | 15 | 10 |
| 16B2 | PYSL | Lincoln | Lnc Sabotage | 5 | 3 | 2 | 12 | 16 | 17 | -1 | | | 16 | 10 |
| 16B2 | SYSL | West Sacramento | WS Chaos | 7 | 2 | 1 | 11 | 37 | 11 | 26 | UP frm Div 3 | | 17 | 10 |
| 16B2 | RCYSL | Fulton-El Camino | FEC Liverpool | 7 | 2 | 1 | 11 | 29 | 8 | 21 | UP frm Div 3 | | 18 | 10 |
| 16B2 | PYSL | Roseville | Rsv Spartans | 5 | 5 | 0 | 10 | 36 | 35 | 1 | | | 19 | 10 |
| 16B2 | PYSL | Roseville | Rsv Zoomers | 6 | 2 | 2 | 9 | 28 | 15 | 13 | UP frm Div 4 | | 20 | 10 |
| 16B2 | SYSL | Southgate | SG Scorpions | 4 | 5 | 1 | 9 | 31 | 31 | 0 | | | 21 | 10 |
| 16B2 | PYSL | Roseville | Rsv Pumas | 4 | 6 | 0 | 8 | 25 | 35 | -10 | | | 22 | 10 |
| 16B2 | SYSL | Land Park | LP Gladiators. | 3 | 5 | 2 | 5 | 35 | 34 | 1 | UP frm Div 3 | | 23 | 10 |
| 16B2 | FLYSL | Folsom | FSC Yellowjackets | 0 | 8 | 2 | 2 | 12 | 36 | -24 | DN frm Div 1 | | 24 | 10 |

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|------|--------|------------------|---------------------|----------|---|---|---|--------|----|----|-------------------|------------|-----|-----|
| | | | | W | L | T | P | GF | GA | GD | | | | |
| 16B4 | BYSL | Oroville | Oro Red Bulls | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 25 | 0 |
| 16B3 | EGYSL | Elk Grove | EG Inferno | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 26 | 0 |
| 16B3 | EGYSL | Elk Grove | EG Barcelona | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 27 | 0 |
| 16B3 | SYSL | Greenhaven | GH Zakumi | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 28 | 0 |
| 16B4 | SNYSL | Sacramento North | SN Sparta Utd | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 29 | 0 |
| 16B3 | RCYSL | Arden Park | AP Cougars | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 1 | | 30 | 0 |
| 16B3 | RHYSL | El Dorado Hills | EDH Quakes | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 2 | | 31 | 0 |
| 16B4 | PYSL | Roseville | Rsv Fighting Gators | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 32 | 0 |
| 16B3 | EDYSL | Prospector | PSC Earthquakes | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 2 | | 33 | 0 |
| 16B3 | SYSL | Dixon | Dxn Dixon FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 34 | 0 |
| 16B4 | PYSL | Granite Bay | GB Awesomeness | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 35 | 0 |
| 16B3 | EDYSL | Sierra Gold | SGd Jaguars | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 36 | 0 |
| 16B3 | VYSL | Vacaville | Vac Red Bulls | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 1 | | 37 | 0 |
| 16B3 | FLYSL | Folsom | FSC Inferno. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 38 | 0 |
| 16B4 | FLYSL | Folsom | FSC Assault | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 2 | | 39 | 0 |
| 16B3 | VYSL | Vacaville | Vac Red Bulls U14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 40 | 0 |
| 16B3 | SYSL | Land Park | LP Stingers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 41 | 0 |
| 16B3 | EGYSL | Elk Grove | EG Gladiators | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 42 | 0 |
| 16B3 | CVYSL | North Highlands | NHA Arsenal | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 43 | 0 |
| 16B4 | BYSL | Oroville | Oro Crew | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 44 | 0 |
| 16B4 | PYSL | Rocklin | Rkl Force | 0 | 0 | 0 | 0 | 0 | 0 | 0 | DN frm Div 2 | | 45 | 0 |
| 16B4 | BYSL | Paradise Ridge | PR Titans | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | 46 | 0 |

| | | | | | | | | | | | | | | |
|------|-------|------------------|------------------|---|---|---|----|----|----|-----|--------------|--|----|----|
| 19G1 | RCYSL | British-American | BAC Lady Gunners | 7 | 0 | 1 | 15 | 34 | 5 | 29 | | | 1 | 8 |
| 19G1 | ARYSL | Rancho Cordova | RC Hybridz | 6 | 0 | 2 | 14 | 31 | 7 | 24 | | | 2 | 8 |
| 19G1 | SYSL | Land Park | LP Rangers | 5 | 0 | 3 | 13 | 23 | 6 | 17 | | | 3 | 8 |
| 19G1 | RCYSL | British-American | BAC FC Galaxy | 5 | 2 | 3 | 13 | 23 | 15 | 8 | | | 4 | 10 |
| 19G1 | SYSL | InterYouth | IY Real Sac | 5 | 3 | 2 | 12 | 24 | 14 | 10 | | | 5 | 10 |
| 19G1 | SYSL | Valley Hi | VH Vipers | 7 | 1 | 1 | 10 | 23 | 6 | 17 | UP frm Div 2 | | 6 | 9 |
| 19G1 | CVYSL | Mission-EICamino | MEC Leopards | 3 | 4 | 2 | 8 | 17 | 12 | 5 | | | 7 | 9 |
| 19G1 | EGYSL | Elk Grove | EG Blue Dolphins | 3 | 5 | 2 | 8 | 13 | 23 | -10 | | | 8 | 10 |
| 19G1 | EDYSL | Gold Nugget | GN Fire | 5 | 0 | 0 | 7 | 20 | 3 | 17 | UP frm Div 2 | | 9 | 5 |
| 19G1 | SYSL | Greenhaven | GH Cheetah Girls | 4 | 2 | 3 | 7 | 21 | 11 | 10 | UP frm Div 2 | | 10 | 9 |
| 19G1 | PYSL | Granite Bay | GB Velocity | 2 | 6 | 1 | 5 | 16 | 38 | -22 | | | 11 | 9 |
| 19G1 | EGYSL | Elk Grove | EG Murieta Force | 1 | 6 | 1 | 3 | 5 | 26 | -21 | | | 12 | 8 |
| 19G2 | EGYSL | Elk Grove | EG Khaos | 7 | 1 | 2 | 16 | 22 | 7 | 15 | | | 13 | 10 |
| 19G2 | PYSL | Rocklin | Rkl Allstars | 6 | 3 | 1 | 13 | 21 | 18 | 3 | | | 14 | 10 |
| 19G2 | SYSL | Fruitridge | FR Freedom Stars | 8 | 2 | 0 | 12 | 31 | 12 | 19 | UP frm Div 3 | | 15 | 10 |
| 19G2 | FLYSL | Folsom | FSC Goal Diggers | 4 | 4 | 2 | 10 | 15 | 17 | -2 | | | 16 | 10 |
| 19G2 | FLYSL | Folsom | FSC Mustangs | 2 | 3 | 5 | 9 | 17 | 18 | -1 | | | 17 | 10 |
| 19G2 | EGYSL | Elk Grove | EG Blue Crew | 4 | 5 | 0 | 8 | 18 | 20 | -2 | DN frm Div 1 | | 18 | 9 |
| 19G2 | 49YSL | 49er | 49r Sirocco | 2 | 3 | 4 | 8 | 11 | 13 | -2 | | | 19 | 9 |
| 19G2 | PYSL | Roseville | Rsv Red Hots | 3 | 4 | 2 | 8 | 13 | 16 | -3 | | | 20 | 9 |
| 19G2 | EGYSL | Elk Grove | EG Bandits | 3 | 6 | 1 | 7 | 17 | 27 | -10 | | | 21 | 10 |
| 19G2 | EGYSL | Elk Grove | EG Impact | 2 | 5 | 2 | 6 | 12 | 20 | -8 | | | 22 | 9 |
| 19G2 | EDYSL | Gold Nugget | GN Grizzlies | 4 | 4 | 0 | 5 | 19 | 15 | 4 | UP frm Div 3 | | 23 | 8 |
| 19G2 | PYSL | Roseville | Rsv Thundercats | 1 | 5 | 3 | 5 | 13 | 25 | -12 | | | 24 | 9 |
| 19G2 | SNYSL | Sacramento North | SN Los Tigres | 1 | 6 | 1 | 3 | 6 | 23 | -17 | DN frm Div 1 | | 25 | 8 |
| 19G2 | CVYSL | Citrus Heights | CH Arsenal | 0 | 7 | 2 | 2 | 6 | 29 | -23 | DN frm Div 1 | | 26 | 9 |

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|------|--------|------------------|---------------------|----------|---|---|----|--------|----|-----|-------------------|--------------|-----|-----|
| | | | | W | L | T | P | GF | GA | GD | | | | |
| 19G3 | PYSL | Granite Bay | GB Thunder United | 9 | 1 | 0 | 13 | 55 | 12 | 43 | UP frm Div 4 | 27 | 10 | |
| 19G3 | PYSL | Roseville | Rsv Krazy Legs | 6 | 4 | 0 | 12 | 26 | 14 | 12 | | 28 | 10 | |
| 19G3 | EGYSL | Elk Grove | EG Hotshots | 5 | 2 | 2 | 12 | 16 | 10 | 6 | | 29 | 9 | |
| 19G3 | RHYSL | El Dorado Hills | EDH Titans | 5 | 3 | 1 | 11 | 17 | 15 | 2 | | 30 | 9 | |
| 19G3 | SYSL | Greenhaven | GH Eclipse | 5 | 4 | 1 | 11 | 21 | 22 | -1 | | 31 | 10 | |
| 19G3 | 49YSL | 49er | 49r Last Hoorahs | 3 | 3 | 4 | 10 | 14 | 16 | -2 | | 32 | 10 | |
| 19G3 | SYSL | East Sacramento | ES Red Devils | 4 | 5 | 0 | 8 | 21 | 26 | -5 | | 33 | 9 | |
| 19G3 | CVYSL | Mission-EICamino | MEC Matadors | 4 | 5 | 0 | 8 | 18 | 28 | -10 | | DN frm Div 2 | 34 | 9 |
| 19G3 | RHYSL | El Dorado Hills | EDH Riptide | 3 | 5 | 1 | 7 | 18 | 26 | -8 | | | 35 | 9 |
| 19G3 | EGYSL | Elk Grove | EG Pumas | 3 | 6 | 1 | 7 | 16 | 28 | -12 | | | 36 | 10 |
| 19G3 | VYSL | Vacaville | Vac Blaze | 2 | 5 | 3 | 7 | 16 | 29 | -13 | | 37 | 10 | |
| 19G3 | PYSL | Roseville | Rsv Swarm | 2 | 6 | 2 | 6 | 11 | 21 | -10 | | 38 | 10 | |
| 19G3 | EGYSL | Elk Grove | EG Big Trouble | 1 | 7 | 0 | 2 | 7 | 29 | -22 | | DN frm Div 2 | 39 | 8 |
| 19G4 | EDYSL | Sierra Gold | SGd Wildcats | 9 | 1 | 0 | 18 | 41 | 12 | 29 | | | 40 | 10 |
| 19G4 | PYSL | Roseville | Rsv Avalanche | 7 | 2 | 1 | 15 | 33 | 12 | 21 | 41 | 10 | | |
| 19G4 | 49YSL | 49er | 49r The Heat | 6 | 3 | 1 | 13 | 22 | 13 | 9 | 42 | 10 | | |
| 19G4 | PYSL | Rocklin | Rkl Spirit | 5 | 3 | 2 | 12 | 26 | 25 | 1 | 43 | 10 | | |
| 19G4 | PYSL | Roseville | Rsv Alliance | 4 | 4 | 2 | 10 | 5 | 13 | -8 | 44 | 10 | | |
| 19G4 | CVYSL | North Highlands | NHA Top Dogs | 4 | 5 | 1 | 9 | 22 | 18 | 4 | 45 | 10 | | |
| 19G4 | CVYSL | North Highlands | NHA RedHotChiliPepp | 3 | 5 | 2 | 8 | 19 | 24 | -5 | 46 | 10 | | |
| 19G4 | PYSL | Roseville | Rsv Groovy Girls | 2 | 5 | 3 | 7 | 8 | 11 | -3 | DN frm Div 3 | 47 | 10 | |
| 19G4 | EDYSL | Prospector | PSC Edge | 2 | 5 | 3 | 7 | 12 | 21 | -9 | | 48 | 10 | |
| 19G4 | EGYSL | Elk Grove | EG SWAT | 2 | 6 | 2 | 6 | 10 | 22 | -12 | | 49 | 10 | |
| 19G4 | SNYSL | Sacramento North | SN California Storm | 1 | 7 | 2 | 4 | 10 | 32 | -22 | | 50 | 10 | |
| 19G4 | ARYSL | Fair Oaks | FO Fusion | 0 | 8 | 2 | 2 | 10 | 40 | -30 | | 51 | 10 | |

| | | | | | | | | | | | | | |
|------|-------|------------------|------------------|----|---|---|----|----|----|-----|--------------|----|----|
| 19B1 | SYSL | Davis Alliance | Dav Arsenal 97 | 10 | 0 | 0 | 20 | 54 | 5 | 49 | UP frm Div 2 | 1 | 10 |
| 19B1 | RCYSL | Fulton-El Camino | FEC United | 6 | 3 | 1 | 13 | 28 | 21 | 7 | | 2 | 10 |
| 19B1 | PYSL | Roseville | Rsv Celtic | 6 | 3 | 1 | 13 | 28 | 23 | 5 | | 3 | 10 |
| 19B1 | NUYSL | Natomas | NSC Natomas Utd | 5 | 4 | 1 | 11 | 18 | 18 | 0 | | 4 | 10 |
| 19B1 | FLYSL | Folsom | FSC Real Folsom | 7 | 2 | 1 | 10 | 30 | 17 | 13 | | 5 | 10 |
| 19B1 | EGYSL | Elk Grove | EG Bulldogs | 3 | 6 | 1 | 7 | 13 | 30 | -17 | | 6 | 10 |
| 19B1 | RCYSL | Arden Park | AP Sharks | 3 | 7 | 0 | 6 | 18 | 30 | -12 | | 7 | 10 |
| 19B1 | 49YSL | 49er | 49r Vortex | 2 | 7 | 1 | 5 | 17 | 34 | -17 | | 8 | 10 |
| 19B2 | SNYSL | Sacramento North | SN Gunners | 8 | 1 | 1 | 17 | 32 | 14 | 18 | UP frm Div 3 | 9 | 10 |
| 19B2 | PYSL | Roseville | Rsv Mustangs | 8 | 2 | 0 | 16 | 41 | 17 | 24 | | 10 | 10 |
| 19B2 | EGYSL | Elk Grove | EG Galaxy | 6 | 2 | 2 | 14 | 22 | 18 | 4 | | 11 | 10 |
| 19B2 | CVYSL | Mission-EICamino | MEC Sac Republic | 8 | 2 | 0 | 12 | 47 | 17 | 30 | | 12 | 10 |
| 19B2 | SYSL | Greenhaven | GH Stingrays | 3 | 4 | 3 | 9 | 18 | 14 | 4 | | 13 | 10 |
| 19B2 | PYSL | Rocklin | Rkl Rattlesnakes | 3 | 7 | 0 | 6 | 13 | 36 | -23 | | 14 | 10 |
| 19B2 | PYSL | Roseville | Rsv Titans | 2 | 7 | 1 | 5 | 12 | 24 | -12 | | 15 | 10 |
| 19B2 | EGYSL | Elk Grove | EG Elite Squad | 1 | 7 | 2 | 4 | 18 | 31 | -13 | | 16 | 10 |
| 19B2 | PYSL | Granite Bay | GB Strike Force | 0 | 9 | 1 | 1 | 13 | 45 | -32 | DN frm Div 1 | 17 | 10 |
| 19B3 | BYSL | Paradise Ridge | PR PFC1 | 6 | 2 | 1 | 13 | 35 | 9 | 26 | | 18 | 9 |
| 19B3 | CVYSL | Citrus Heights | CH Pumas | 6 | 3 | 1 | 13 | 19 | 14 | 5 | 19 | 10 | |
| 19B3 | SYSL | Land Park | LP Comets | 5 | 4 | 0 | 10 | 30 | 18 | 12 | 20 | 9 | |
| 19B3 | BYSL | Paradise Ridge | PR PFC2 | 3 | 2 | 3 | 9 | 18 | 18 | 0 | 21 | 8 | |
| 19B3 | EGYSL | Elk Grove | EG Warriors | 3 | 4 | 1 | 7 | 23 | 28 | -5 | 22 | 8 | |
| 19B3 | PYSL | Loomis | Lms FC Loomis | 2 | 6 | 2 | 6 | 15 | 31 | -16 | DN frm Div 2 | 23 | 10 |
| 19B3 | SNYSL | Sacramento North | SN Stompers | 1 | 7 | 0 | 2 | 16 | 37 | -21 | | 24 | 8 |
| 19B3 | EDYSL | Prospector | PSC Gold | 1 | 7 | 0 | 2 | 16 | 45 | -29 | | 25 | 8 |

Teams who move up one or more divisions at mid-season receive only 1 point for each first half win (rather than 2 points).