

| CHRISTMAS BREAK | | | | | |
|---|--------|------------------|----|------------------|--|
| RETURN 2nd Feb 2010 | | | | | |
| | | | | | |
| 2-Feb | 6.00pm | Team Extreme | vs | Futsal Roos | |
| 2-Feb | 6.30pm | F-Troop | vs | Swansea Slammers | |
| 2-Feb | 7.00pm | Staffis | vs | Tigers | |
| | | | | | |
| 9-Feb | 6.00pm | Swansea Slammers | vs | Tigers | |
| 9-Feb | 6.30pm | F-Troop | vs | Team Extreme | |
| 9-Feb | 7.00pm | Futsal Roos | vs | Staffis | |
| | | | | | |
| 16-Feb | 6.00pm | Swansea Slammers | vs | Tigers | |
| 16-Feb | 6.30pm | F-Troop | vs | Team Extreme | |
| 16-Feb | 7.00pm | Futsal Roos | vs | Staffis | |
| | | | | | |
| 23-Feb | 6.00pm | Futsal Roos | vs | Swansea Slammers | |
| 23-Feb | 6.30pm | F-Troop | vs | Tigers | |
| 23-Feb | 7.00pm | Team Extreme | vs | Staffis | |
| | | | | | |
| Semi Finals | | | | | |
| 2-Mar | 6:00pm | 2 | vs | 4 | |
| 2-Mar | 6:30pm | 1 | vs | 3 | |
| Finals To be played at Gateshead | | | | | |
| 9-Mar | TBA | Winner of 2 V 4 | vs | Winner 1 V 3 | |