

2025 D3 Playoff Format. NOTE: The D3 playoffs will be in the spring.

There are four groups.

- D3 CT: Five (5) clubs (New Haven, Danbury, Greenwich, Fairfield, Saratoga) play home and away for eight (8) games.
- D3 Metro: Eight (8) clubs (Long Island, Suffolk, Rockaway, Brooklyn, NYRC D3, Lansdowne, Gotham, Queens) play each other once plus Long Island v Lansdowne, Suffolk v Gotham, Brooklyn v Queens, Rockaway v NYRC D3. Thus, each team has eight (8) games in the regular season.
- D3 NJ: Five clubs (Union D3, Morris, Bayonne, Central Jersey D3, Hudson Valley) play home and away for 8 games.
- D3 Upstate: Five (5) clubs (South Buffalo D3, Aardvarks D3, Buffalo D3, KenTon, and Syracuse D3) play home and away for eight (8) games.

The #1 team of each group gets 1-4 seeds. The #2 team of each group gets 5-8 seeds.

28MAR2026 Quarterfinals

Quarter final (QF) #1- #8@#1

Quarter final (QF) #2- #5@#4

Quarter final (QF) #3- #6@#3

Quarter final (QF) #4- #7@#2

11APR2026 Semifinals

Semi-final (SF) #1- Winner QF #1 and winner QF #2 at higher seed

Semi-final (SF) #2- Winner QF #3 and winner QF #4 at higher seed

18APR2026 Final

Winner SF#1 and winner SF #2 play at the higher remaining seed for spot in ASR.

Ranking of teams within each group will be as follows.

1. Competition Points (match points plus bonus points, see 2025 Rules of competition)
2. Number of Wins
3. Head-to-Head Competition Points
4. Head-to-Head Number of Wins
5. Head-to-Head Points Differential

6. Head-to-Head Tries Differential
7. Head-to-Head Points For
8. Head-to-Head Tries For
9. Overall Points Differential
10. Overall Tries Differential
11. Overall Points For
12. Overall Tries For
13. Coin Flip

Ranking of teams across groups will be as follows:

1. Competition Points (match points plus bonus points)
2. Number of Wins
3. Points Differential
4. Tries Differential
5. Points For (PF)
6. Tries For
7. Coin Flip