

| # | Team Name | Captain | Church | Assistant | Church |
|----|-----------------------|--------------------|--------------------------|----------------|--------------------------|
| 1 | Big Baller Baddies | Ryan Hikida | Cornerstone | Bryce McIntosh | Cornerstone |
| 2 | Chuckless in Seattle | Gordon Lew | Beacon Hill | Larry Mark | Cornerstone |
| 3 | Fresh Off the Bench | Duy Nguyen | Cornerstone | Albert Nguyen | Cornerstone |
| 4 | Fresh Outta Court | Trevon Eng* | Cornerstone | Warren Eng | Cornerstone |
| 5 | Great Ballers of Fire | Cory Lock | Beacon Hill | Austin Ng | Beacon Hill |
| 6 | Knights | Joshua Huang* | Faith Bible | William Tong* | Faith Bible |
| 7 | Lost Sheep | Sam Louie* | Cornerstone | Ryan Hjelm* | Non-Denominational |
| 8 | Men & Mary | Aaron Louie* | Seattle Chinese Alliance | Tyler Ernst | Bellevue Presbyterian |
| 9 | New Boyz | Casey Chan* | New Life | Andrew Cho* | New Life |
| 10 | Panda Express | Nicholas Pleasants | Chinese Southern Baptist | Samuel Chong | Chinese Southern Baptist |
| 11 | Southern Ballers | Joshua Hsu | Chinese Southern Baptist | Matt Z Witt | Chinese Southern Baptist |
| 12 | Subsonics | Wesley Hsi | Living Hope Bible | Adam Lew | Living Hope Bible |