

Week Comm

Monday, 25 March 2024 Wk 1

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-------------------|------------|-----|-------------------------|-------------------------|-------------------------|------------------|----------------|
| Monday | 25/03/2024 | | 1 Oracle Pink | Black Knights | Sirens | NU Blue | Open |
| Monday | 25/03/2024 | | 1 Venus | Red Knights | Stars | TB Racers | Open |
| AMENDED Wednesday | 27/03/2024 | | 1 TB Mustangs | Phoenix | Premier | Venus | Hellesdon CC |
| Wednesday | 27/03/2024 | | 1 NU Blue | TB Racers | Red Knights | NU Red | UEA |
| Tuesday | 26/03/2024 | | 2 Sonics | Stars | Phoenix | NU Ruby | Hellesdon High |
| Monday | 25/03/2024 | | 2 Cromer Cobras | NU Royal | Jets | TB Colts | Hellesdon High |
| Tuesday | 26/03/2024 | | 2 Jets | Blades | Oracle Pink | Black Knights | UEA |
| Monday | 25/03/2024 | | 2 Premier | NU White | NU Amber | TB Mustangs | Hellesdon CC |
| AMENDED Tuesday | 26/03/2024 | | 3 TB Colts | TB Shetlands | Cromer Cobras | Hornets | Hellesdon High |
| Monday | 25/03/2024 | | 3 NU Ruby | Hornets | TB Shetlands | TB Fillies | UEA |
| Monday | 25/03/2024 | | 3 Belton | White Knights | NU Yellow | Hotshots | Open |
| Tuesday | 26/03/2024 | | 3 Wrens | NU Yellow | White Knights | NU Royal | Open |
| Tuesday | 26/03/2024 | | 4 Hotshots | Cliff Park | Tigers | Icenians | Open |
| Thursday | 28/03/2024 | | 4 Tigers | NCF Emerald | Hethersett Hurricanes | Red Hot Chillies | Hellesdon High |
| Wednesday | 27/03/2024 | | 4 Icenians | Sirens | Blades | Belton | Open |
| Wednesday | 27/03/2024 | | 4 Hethersett Hurricanes | NU Amber | Watton Wolves | TB Ponies | UEA |
| | | | 5 OC Chargers | BYE WEEK | | | |
| AMENDED Thursday | 28/03/2024 | | 5 Gems | TB Fillies | Hethersett Tornadoes | Wrens | UEA |
| Tuesday | 26/03/2024 | | 5 Watton Wolves | First Home Improvements | Cromer Vipers | NU White | Hellesdon High |
| Monday | 25/03/2024 | | 5 Red Hot Chillies | Hethersett Tornadoes | First Home Improvements | Sonics | Thorpe |
| Thursday | 28/03/2024 | | 6 Trailblazers | TB Ponies | Cliff Park | Trowse Jaguars | Hellesdon High |
| Tuesday | 26/03/2024 | | 6 NU Red | Trowse Jaguars | Dragons | NCF Emerald | UEA |
| | | | 6 NCF Onyx | BYE WEEK | | | |
| Monday | 25/03/2024 | | 6 Cromer Vipers | Dragons | Gems | Trailblazers | Hellesdon High |

where indicated the date or venue has changed

Week Comm

Monday, 15 April 2024 Wk 2

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|---------|-----------|------------|---------------------------|------------------|-----------------------|------------------|----------------|
| | Monday | 15/04/2024 | 1 Oracle Pink | NU Blue | Stars | Red Knights | Open |
| AMENDED | Thursday | 18/04/2024 | 1 TB Racers | TB Mustangs | NU White | Venus | Hellesdon High |
| AMENDED | Monday | 15/04/2024 | 1 Black Knights | Venus | Phoenix | NU Amber | Hellesdon CC |
| | Tuesday | 16/04/2024 | 1 Phoenix | Red Knights | TB Racers | Sirens | UEA |
| | Wednesday | 17/04/2024 | 2 NU White | Stars | Black Knights | Oracle Pink | UEA |
| | Monday | 15/04/2024 | 2 Premier | Jets | NU Royal | TB Shetlands | Hellesdon CC |
| | Tuesday | 16/04/2024 | 2 Sonics | Cromer Cobras | Premier | NU Ruby | Hellesdon High |
| | Wednesday | 17/04/2024 | 2 Blades | NU Royal | Jets | TB Fillies | Open |
| AMENDED | Tuesday | 16/04/2024 | 3 TB Colts | Wrens | Hotshots | Hornets | Hellesdon High |
| | Tuesday | 16/04/2024 | 3 NU Yellow | Belton | White Knights | TB Mustangs | UEA |
| AMENDED | Wednesday | 17/04/2024 | 3 TB Shetlands | NU Ruby | Cromer Cobras | NU Blue | Hellesdon CC |
| AMENDED | Wednesday | 17/04/2024 | 3 White Knights | Hornets | NU Yellow | TB Colts | Hellesdon CC |
| | Wednesday | 17/04/2024 | 4 NU Amber | Hotshots | Hethersett Tornadoes | Red Hot Chillies | UEA |
| | Monday | 15/04/2024 | 4 Sirens | Cliff Park | Blades | Tigers | Open |
| | Wednesday | 17/04/2024 | 4 Hethersett Hurricanes | Tigers | NCF Onyx | Watton Wolves | UEA |
| | Wednesday | 17/04/2024 | 4 NCF Emerald | Icenians | Belton | Cromer Vipers | Hellesdon High |
| | Tuesday | 16/04/2024 | 5 Hethersett Tornadoes | OC Chargers | Cliff Park | TB Ponies | Hellesdon High |
| | | | 5 First Home Improvements | BYE WEEK | | | |
| AMENDED | Tuesday | 16/04/2024 | 5 Gems | Red Hot Chillies | Hethersett Hurricanes | Icenians | UEA |
| AMENDED | Monday | 15/04/2024 | 5 TB Fillies | Watton Wolves | Gems | Wrens | Hellesdon High |
| | Monday | 15/04/2024 | 6 Dragons | TB Ponies | Sonics | NCF Emerald | Hellesdon High |
| | | | 6 BYE WEEK | Trailblazers | | | |
| | Tuesday | 16/04/2024 | 6 NU Red | Cromer Vipers | Dragons | Trowse Jaguars | UEA |
| | Thursday | 18/04/2024 | 6 Trowse Jaguars | NCF Onyx | OC Chargers | NU Red | UEA |

where indicated the date or venue has changed

Week Comm

Monday, 22 April 2024 Wk 3

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|---------|-----------|------------|------------------------|-------------------------|-------------------------|-----------------------|----------------|
| | Wednesday | 24/04/2024 | 1 NU Blue | Black Knights | TB Fillies | Venus | UEA |
| AMENDED | Tuesday | 23/04/2024 | 1 Red Knights | TB Racers | Premier | Sirens | Hellesdon High |
| | Monday | 22/04/2024 | 1 Oracle Pink | TB Mustangs | Jets | NU Blue | Open |
| | Monday | 22/04/2024 | 1 Venus | Phoenix | Red Knights | NU Yellow | Open |
| | Tuesday | 23/04/2024 | 2 Sonics | NU White | Black Knights | TB Mustangs | Hellesdon High |
| | Monday | 22/04/2024 | 2 NU Royal | Premier | TB Shetlands | NU Amber | UEA |
| | Tuesday | 23/04/2024 | 2 Stars | Jets | Phoenix | Oracle Pink | UEA |
| | Monday | 22/04/2024 | 2 Cromer Cobras | Blades | Stars | NU Red | Hellesdon High |
| | Wednesday | 24/04/2024 | 3 TB Shetlands | Wrens | Cromer Cobras | NU White | Open |
| | Tuesday | 23/04/2024 | 3 Hornets | NU Yellow | White Knights | TB Colts | Open |
| | Monday | 22/04/2024 | 3 Belton | TB Colts | Hotshots | Hornets | Open |
| | Monday | 22/04/2024 | 3 NU Ruby | White Knights | TB Ponies | TB Racers | UEA |
| | Wednesday | 24/04/2024 | 4 NU Amber | Cliff Park | Watton Wolves | NCF Onyx | UEA |
| | Wednesday | 24/04/2024 | 4 Icenians | Hethersett Hurricanes | First Home Improvements | Belton | Open |
| | Tuesday | 23/04/2024 | 4 Hotshots | Tigers | Icenians | Hethersett Hurricanes | Open |
| | Wednesday | 24/04/2024 | 4 NCF Emerald | Sirens | Tigers | Red Hot Chillies | Hellesdon High |
| | | | 5 Hethersett Tornadoes | BYE WEEK | | | |
| | Tuesday | 23/04/2024 | 5 Watton Wolves | Red Hot Chillies | Blades | Cromer Vipers | Hellesdon High |
| | Wednesday | 24/04/2024 | 5 OC Chargers | Gems | NU Royal | Trailblazers | Open |
| AMENDED | Monday | 22/04/2024 | 5 TB Fillies | First Home Improvements | OC Chargers | Sonics | Hellesdon CC |
| | Monday | 22/04/2024 | 6 Dragons | Trailblazers | NCF Emerald | Wrens | Hellesdon High |
| | Thursday | 25/04/2024 | 6 NCF Onyx | Cromer Vipers | Dragons | NU Ruby | Hellesdon High |
| AMENDED | Tuesday | 23/04/2024 | 6 TB Ponies | NU Red | Gems | Cliff Park | Hellesdon High |
| | | | 6 Trowse Jaguars | BYE WEEK | | | |

where indicated the date or venue has changed

Week Comm

Monday, 29 April 2024 Wk 4

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|---------------------------|-----------------------|-------------------------|-----------------------|----------------|
| Thursday | 02/05/2024 | | 1 TB Racers | Venus | NU Blue | NU White | Old Catton |
| Wednesday | 01/05/2024 | | 1 TB Mustangs | NU Blue | Red Knights | Phoenix | Old Catton |
| Tuesday | 30/04/2024 | | 1 Red Knights | Oracle Pink | Jets | Venus | Hewett |
| Tuesday | 30/04/2024 | | 1 Phoenix | Black Knights | Sirens | Premier | UEA |
| Monday | 29/04/2024 | | 2 Premier | Cromer Cobras | TB Mustangs | TB Racers | Hellesdon CC |
| Wednesday | 01/05/2024 | | 2 NU White | Jets | Oracle Pink | TB Colts | UEA |
| Monday | 29/04/2024 | | 2 NU Royal | Stars | Black Knights | NU Yellow | UEA |
| Wednesday | 01/05/2024 | | 2 Blades | Sonics | Stars | NU Royal | Open |
| Tuesday | 30/04/2024 | | 3 NU Yellow | NU Ruby | Hotshots | TB Shetlands | UEA |
| Tuesday | 30/04/2024 | | 3 Wrens | Belton | White Knights | NU Amber | Open |
| Tuesday | 30/04/2024 | | 3 Hornets | TB Colts | Cromer Cobras | NU Red | Open |
| Wednesday | 01/05/2024 | | 3 White Knights | TB Shetlands | Hornets | NU Ruby | Hewett |
| Monday | 29/04/2024 | | 4 Sirens | Hethersett Hurricanes | Blades | Watton Wolves | Open |
| Wednesday | 01/05/2024 | | 4 NU Amber | Tigers | Hethersett Tornadoes | Red Hot Chillies | UEA |
| Wednesday | 01/05/2024 | | 4 Icenians | Hotshots | NCF Onyx | Hethersett Hurricanes | Open |
| Monday | 29/04/2024 | | 4 Cliff Park | NCF Emerald | Belton | Tigers | Open |
| Monday | 29/04/2024 | | 5 First Home Improvements | Red Hot Chillies | Icenians | Gems | Open |
| Tuesday | 30/04/2024 | | 5 Hethersett Tornadoes | Gems | First Home Improvements | Cliff Park | Hellesdon High |
| Tuesday | 30/04/2024 | | 5 Watton Wolves | OC Chargers | Sonics | Trailblazers | Hellesdon High |
| | | | 5 BYE WEEK | TB Fillies | | | |
| | | | 6 BYE WEEK | Cromer Vipers | | | |
| Monday | 29/04/2024 | | 6 Dragons | NU Red | Wrens | TB Ponies | Hellesdon High |
| Tuesday | 30/04/2024 | | 6 TB Ponies | NCF Onyx | Dragons | Trowse Jaguars | Old Catton |
| Thursday | 02/05/2024 | | 6 Trailblazers | Trowse Jaguars | OC Chargers | NCF Emerald | Hellesdon High |

Week Comm

Monday, 6 May 2024 Wk 5

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-------------------|------------|-----|------------------------|-------------------------|-----------------------|-------------------------|----------------|
| Wednesday | 08/05/2024 | | 1 TB Mustangs | Black Knights | Venus | Sirens | Old Catton |
| AMENDED Tuesday | 07/05/2024 | | 1 Oracle Pink | Venus | TB Mustangs | NU White | Open |
| Tuesday | 07/05/2024 | | 1 Phoenix | TB Racers | Red Knights | NU Blue | UEA |
| Wednesday | 08/05/2024 | | 1 NU Blue | Red Knights | Phoenix | Oracle Pink | UEA |
| Tuesday | 07/05/2024 | | 2 Jets | Sonics | Premier | NU Yellow | UEA |
| Tuesday | 07/05/2024 | | 2 Stars | Cromer Cobras | Black Knights | NU Royal | UEA |
| Wednesday | 08/05/2024 | | 2 Blades | Premier | Stars | TB Colts | Open |
| Wednesday | 08/05/2024 | | 2 NU White | NU Royal | Jets | TB Racers | UEA |
| AMENDED Wednesday | 08/05/2024 | | 3 Belton | TB Shetlands | Cromer Cobras | Hornets | Open |
| Tuesday | 07/05/2024 | | 3 TB Colts | NU Ruby | White Knights | TB Fillies | Old Catton |
| Wednesday | 08/05/2024 | | 3 White Knights | NU Yellow | Hotshots | NU Ruby | Hewett |
| Tuesday | 07/05/2024 | | 3 Wrens | Hornets | TB Shetlands | NU Amber | Open |
| Thursday | 09/05/2024 | | 4 Tigers | Cliff Park | Hethersett Hurricanes | NCF Onyx | Hellesdon High |
| AMENDED Tuesday | 07/05/2024 | | 4 Sirens | Hotshots | Cromer Vipers | First Home Improvements | Open |
| Wednesday | 08/05/2024 | | 4 NCF Emerald | Hethersett Hurricanes | Tigers | Red Hot Chillies | Hellesdon High |
| Wednesday | 08/05/2024 | | 4 NU Amber | Icenians | Watton Wolves | Hethersett Tornadoes | UEA |
| | | | 5 Gems | BYE WEEK | | | |
| Wednesday | 08/05/2024 | | 5 OC Chargers | First Home Improvements | Trailblazers | Sonics | Open |
| AMENDED Thursday | 09/05/2024 | | 5 TB Fillies | Red Hot Chillies | Blades | Wrens | Old Catton |
| Tuesday | 07/05/2024 | | 5 Hethersett Tornadoes | Watton Wolves | Belton | Icenians | Hellesdon High |
| Tuesday | 07/05/2024 | | 6 NU Red | Trailblazers | OC Chargers | Trowse Jaguars | UEA |
| | | | 6 TB Ponies | BYE WEEK | | | |
| Thursday | 09/05/2024 | | 6 Trowse Jaguars | Cromer Vipers | NCF Emerald | Dragons | UEA |
| AMENDED Wednesday | 08/05/2024 | | 6 Dragons | NCF Onyx | Cliff Park | NU Red | Hellesdon High |

where indicated the date or venue has changed

Week Comm

Monday, 13 May 2024 Wk 6

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|---------------------------|-----------------------|-----------------------|-------------------------|----------------|
| Tuesday | 14/05/2024 | | 1 Phoenix | Oracle Pink | Red Knights | NU Blue | UEA |
| Wednesday | 15/05/2024 | | 1 TB Mustangs | Red Knights | Jets | NU Royal | Old Catton |
| Wednesday | 15/05/2024 | | 1 NU Blue | Venus | Oracle Pink | TB Colts | UEA |
| Monday | 13/05/2024 | | 1 Black Knights | TB Racers | Venus | Phoenix | Hewett |
| Wednesday | 15/05/2024 | | 2 Blades | Stars | Premier | NU Yellow | Open |
| Tuesday | 14/05/2024 | | 2 Jets | NU Royal | Black Knights | NU White | UEA |
| Wednesday | 15/05/2024 | | 2 NU White | Cromer Cobras | TB Racers | TB Shetlands | UEA |
| Tuesday | 14/05/2024 | | 2 Sonics | Premier | Stars | TB Mustangs | Hellesdon High |
| Tuesday | 14/05/2024 | | 3 TB Colts | White Knights | NU Ruby | Sirens | Old Catton |
| Tuesday | 14/05/2024 | | 3 Hornets | Belton | NU Amber | TB Fillies | Open |
| Monday | 13/05/2024 | | 3 NU Ruby | Wrens | White Knights | Hornets | UEA |
| Tuesday | 14/05/2024 | | 3 NU Yellow | TB Shetlands | Cromer Cobras | Hotshots | UEA |
| Wednesday | 15/05/2024 | | 4 NCF Emerald | Hotshots | Hethersett Tornadoes | Watton Wolves | Hellesdon High |
| Wednesday | 15/05/2024 | | 4 Icenians | Tigers | Hethersett Hurricanes | First Home Improvements | Open |
| Monday | 13/05/2024 | | 4 Sirens | NU Amber | Tigers | NCF Onyx | Open |
| Monday | 13/05/2024 | | 4 Cliff Park | Hethersett Hurricanes | Icenians | Belton | Open |
| Monday | 13/05/2024 | | 5 TB Fillies | OC Chargers | Sonics | Trailblazers | Old Catton |
| Tuesday | 14/05/2024 | | 5 Gems | Watton Wolves | Blades | Cliff Park | Hewett |
| Monday | 13/05/2024 | | 5 First Home Improvements | Hethersett Tornadoes | Gems | Cromer Vipers | Open |
| | | | 5 BYE WEEK | Red Hot Chillies | | | |
| Thursday | 16/05/2024 | | 6 Trowse Jaguars | TB Ponies | Wrens | NU Red | UEA |
| Tuesday | 14/05/2024 | | 6 NU Red | NCF Onyx | Trowse Jaguars | TB Ponies | UEA |
| | | | 6 BYE WEEK | Dragons | | | |
| Thursday | 16/05/2024 | | 6 Trailblazers | Cromer Vipers | NCF Emerald | OC Chargers | Hellesdon High |

Week Comm

Monday, 20 May 2024 Wk 7

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|-----------------|-------------------------|----------------------|-------------------------|----------------|
| Tuesday | 21/05/2024 | | 1 Phoenix | NU Blue | TB Mustangs | Venus | UEA |
| Monday | 20/05/2024 | | 1 Oracle Pink | TB Racers | Stars | Sirens | Open |
| Monday | 20/05/2024 | | 1 Venus | TB Mustangs | Premier | White Knights | Open |
| Monday | 20/05/2024 | | 1 Black Knights | Red Knights | Phoenix | NU Blue | Hewett |
| Wednesday | 22/05/2024 | | 2 Blades | NU White | Jets | Black Knights | Open |
| Tuesday | 21/05/2024 | | 2 Stars | Premier | Oracle Pink | TB Racers | UEA |
| Monday | 20/05/2024 | | 2 Cromer Cobras | Jets | NU White | NU Yellow | Hellesdon High |
| Monday | 20/05/2024 | | 2 NU Royal | Sonics | TB Colts | TB Shetlands | UEA |
| Wednesday | 22/05/2024 | | 3 White Knights | Wrens | NU Royal | NU Ruby | Hewett |
| Tuesday | 21/05/2024 | | 3 NU Yellow | TB Colts | Red Knights | Belton | UEA |
| Monday | 20/05/2024 | | 3 Belton | NU Ruby | Hornets | NU Amber | Open |
| Wednesday | 22/05/2024 | | 3 TB Shetlands | Hornets | Hotshots | Cromer Cobras | Old Catton |
| Wednesday | 22/05/2024 | | 4 NCF Emerald | NU Amber | NCF Onyx | Tigers | Hellesdon High |
| Tuesday | 21/05/2024 | | 4 Hotshots | Hethersett Hurricanes | Red Hot Chillies | Blades | Open |
| Thursday | 23/05/2024 | | 4 Tigers | Sirens | Icenians | Hethersett Hurricanes | Hellesdon High |
| Wednesday | 22/05/2024 | | 4 Icenians | Cliff Park | Cromer Vipers | First Home Improvements | Open |
| Monday | 20/05/2024 | | 5 TB Fillies | Hethersett Tornadoes | OC Chargers | Wrens | Old Catton |
| Wednesday | 22/05/2024 | | 5 OC Chargers | Red Hot Chillies | Trailblazers | Sonics | Open |
| Tuesday | 21/05/2024 | | 5 Gems | First Home Improvements | Hethersett Tornadoes | Cliff Park | Hewett |
| | | | 5 Watton Wolves | BYE WEEK | | | |
| Monday | 20/05/2024 | | 6 Dragons | Trowse Jaguars | NCF Emerald | TB Ponies | Hellesdon High |
| Tuesday | 21/05/2024 | | 6 TB Ponies | Cromer Vipers | Dragons | Trowse Jaguars | Old Catton |
| | | | 6 NU Red | BYE WEEK | | | |
| Thursday | 23/05/2024 | | 6 NCF Onyx | Trailblazers | Gems | TB Fillies | Hellesdon High |

Week Comm

Monday, 3 June 2024 Wk 8

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|---------------------------|-----------------------|-----------------------|-------------------------|----------------|
| Monday | 03/06/2024 | | 1 Black Knights | Oracle Pink | Phoenix | Jets | Hewett |
| Tuesday | 04/06/2024 | | 1 Red Knights | Venus | Sirens | NU Blue | Hewett |
| Tuesday | 04/06/2024 | | 1 Phoenix | TB Mustangs | Oracle Pink | NU White | UEA |
| Thursday | 06/06/2024 | | 1 TB Racers | NU Blue | Venus | TB Mustangs | Old Catton |
| Tuesday | 04/06/2024 | | 2 Stars | Sonics | TB Racers | NU Royal | UEA |
| Monday | 03/06/2024 | | 2 NU Royal | Cromer Cobras | Premier | TB Colts | UEA |
| Wednesday | 05/06/2024 | | 2 Blades | Jets | Red Knights | NU Yellow | Open |
| Wednesday | 05/06/2024 | | 2 NU White | Premier | Stars | Black Knights | UEA |
| Wednesday | 05/06/2024 | | 3 TB Shetlands | TB Colts | Hornets | NU Ruby | Old Catton |
| Tuesday | 04/06/2024 | | 3 Hornets | NU Ruby | White Knights | TB Shetlands | Open |
| Wednesday | 05/06/2024 | | 3 White Knights | Belton | Hotshots | TB Fillies | Hewett |
| Tuesday | 04/06/2024 | | 3 NU Yellow | Wrens | Cromer Cobras | NU Amber | UEA |
| Monday | 03/06/2024 | | 4 Cliff Park | Hotshots | Hethersett Hurricanes | Belton | Open |
| Wednesday | 05/06/2024 | | 4 NCF Emerald | Tigers | Watton Wolves | First Home Improvements | Hellesdon High |
| Monday | 03/06/2024 | | 4 Sirens | Icenians | Blades | Tigers | Open |
| Wednesday | 05/06/2024 | | 4 NU Amber | Hethersett Hurricanes | Icenians | Cromer Vipers | UEA |
| | | | 5 BYE WEEK | OC Chargers | | | |
| Monday | 03/06/2024 | | 5 TB Fillies | Gems | Hethersett Tornadoes | Sonics | Old Catton |
| Monday | 03/06/2024 | | 5 First Home Improvements | Watton Wolves | Red Hot Chillies | Trailblazers | Open |
| Tuesday | 04/06/2024 | | 5 Hethersett Tornadoes | Red Hot Chillies | Gems | Cliff Park | Hellesdon High |
| Tuesday | 04/06/2024 | | 6 TB Ponies | Trailblazers | Trowse Jaguars | Dragons | Old Catton |
| Thursday | 06/06/2024 | | 6 Trowse Jaguars | NU Red | Wrens | TB Ponies | UEA |
| | | | 6 BYE WEEK | NCF Onyx | | | |
| Monday | 03/06/2024 | | 6 Dragons | Cromer Vipers | NCF Emerald | NU Red | Hellesdon High |

Week Comm

Monday, 10 June 2024 Wk 9

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|--------------------|-------------------------|----------------------|-----------------------|----------------|
| Wednesday | 12/06/2024 | | 1 NU Blue | Oracle Pink | Stars | Red Knights | UEA |
| Wednesday | 12/06/2024 | | 1 TB Mustangs | TB Racers | Premier | NU White | Old Catton |
| Monday | 10/06/2024 | | 1 Venus | Black Knights | Phoenix | TB Mustangs | Open |
| Tuesday | 11/06/2024 | | 1 Red Knights | Phoenix | Oracle Pink | Sirens | Hewett |
| Tuesday | 11/06/2024 | | 2 Stars | NU White | Black Knights | TB Shetlands | UEA |
| Tuesday | 11/06/2024 | | 2 Jets | Premier | Venus | NU Blue | UEA |
| Monday | 10/06/2024 | | 2 Cromer Cobras | Sonics | Jets | NU Amber | Hellesdon High |
| Monday | 10/06/2024 | | 2 NU Royal | Blades | TB Colts | TB Racers | UEA |
| Tuesday | 11/06/2024 | | 3 Wrens | TB Colts | Cromer Cobras | NU Royal | Open |
| Monday | 10/06/2024 | | 3 Belton | NU Yellow | Hotshots | Hornets | Open |
| Monday | 10/06/2024 | | 3 NU Ruby | TB Shetlands | White Knights | TB Fillies | UEA |
| Tuesday | 11/06/2024 | | 3 Hornets | White Knights | NU Yellow | NU Ruby | Open |
| Tuesday | 11/06/2024 | | 4 Hotshots | NU Amber | Hethersett Tornadoes | Cromer Vipers | Open |
| Monday | 10/06/2024 | | 4 Cliff Park | Sirens | NCF Onyx | Icenians | Open |
| Thursday | 13/06/2024 | | 4 Tigers | Hethersett Hurricanes | Red Hot Chillies | TB Ponies | Hellesdon High |
| Wednesday | 12/06/2024 | | 4 Icenians | NCF Emerald | Belton | Tigers | Open |
| Wednesday | 12/06/2024 | | 5 OC Chargers | Hethersett Tornadoes | Blades | Wrens | Open |
| | | | 5 BYE WEEK | First Home Improvements | | | |
| Monday | 10/06/2024 | | 5 Red Hot Chillies | Gems | Watton Wolves | OC Chargers | Thorpe |
| Tuesday | 11/06/2024 | | 5 Watton Wolves | TB Fillies | NU Red | Sonics | Hellesdon High |
| Tuesday | 11/06/2024 | | 6 TB Ponies | Dragons | Cliff Park | Hethersett Hurricanes | Old Catton |
| | | | 6 Trailblazers | BYE WEEK | | | |
| Monday | 10/06/2024 | | 6 Cromer Vipers | NU Red | NCF Emerald | Trowse Jaguars | Hellesdon High |
| Thursday | 13/06/2024 | | 6 NCF Onyx | Trowse Jaguars | Gems | Dragons | Hellesdon High |

Week Comm

Monday, 17 June 2024 Wk 10

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|---------------------------|----------------------|-----------------------|-------------------------|----------------|
| Monday | 17/06/2024 | | 1 Black Knights | NU Blue | Jets | TB Mustangs | Hewett |
| Thursday | 20/06/2024 | | 1 TB Racers | Red Knights | Sirens | Oracle Pink | Old Catton |
| Wednesday | 19/06/2024 | | 1 TB Mustangs | Oracle Pink | Venus | NU Blue | Old Catton |
| Tuesday | 18/06/2024 | | 1 Phoenix | Venus | TB Racers | Red Knights | UEA |
| Wednesday | 19/06/2024 | | 2 NU White | Sonics | Phoenix | TB Shetlands | UEA |
| Monday | 17/06/2024 | | 2 Premier | NU Royal | Stars | TB Colts | Hellesdon CC |
| Tuesday | 18/06/2024 | | 2 Jets | Stars | Black Knights | NU White | UEA |
| Wednesday | 19/06/2024 | | 2 Blades | Cromer Cobras | Premier | NU Royal | Open |
| Tuesday | 18/06/2024 | | 3 Wrens | TB Shetlands | Hotshots | NU Ruby | Open |
| Tuesday | 18/06/2024 | | 3 NU Yellow | Hornets | White Knights | TB Fillies | UEA |
| Tuesday | 18/06/2024 | | 3 TB Colts | Belton | Cromer Cobras | NU Amber | Old Catton |
| Wednesday | 19/06/2024 | | 3 White Knights | NU Ruby | Hornets | NU Yellow | Hewett |
| Monday | 17/06/2024 | | 4 Cliff Park | NU Amber | Hethersett Hurricanes | TB Ponies | Open |
| Wednesday | 19/06/2024 | | 4 Hethersett Hurricanes | Icenians | Tigers | First Home Improvements | UEA |
| Thursday | 20/06/2024 | | 4 Tigers | Hotshots | Watton Wolves | NU Red | Hellesdon High |
| Monday | 17/06/2024 | | 4 Sirens | NCF Emerald | Blades | Icenians | Open |
| | | | 5 BYE WEEK | Hethersett Tornadoes | | | |
| Monday | 17/06/2024 | | 5 Red Hot Chillies | Watton Wolves | Belton | Wrens | Thorpe |
| Tuesday | 18/06/2024 | | 5 Gems | OC Chargers | NCF Onyx | Cromer Vipers | Hewett |
| Monday | 17/06/2024 | | 5 First Home Improvements | TB Fillies | Gems | Sonics | Open |
| Thursday | 20/06/2024 | | 6 Trailblazers | Dragons | Red Hot Chillies | OC Chargers | Hellesdon High |
| Monday | 17/06/2024 | | 6 Cromer Vipers | NCF Onyx | Trailblazers | Dragons | Hellesdon High |
| Tuesday | 18/06/2024 | | 6 NU Red | TB Ponies | Cliff Park | NCF Emerald | UEA |
| | | | 6 BYE WEEK | Trowse Jaguars | | | |

Week Comm

Monday, 24 June 2024 Wk 11

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|-------------------------|-------------------------|-----------------------|-------------------------|----------------|
| Monday | 24/06/2024 | | 1 Venus | TB Racers | Sirens | NU Blue | Open |
| Wednesday | 26/06/2024 | | 1 NU Blue | TB Mustangs | Premier | Jets | UEA |
| Monday | 24/06/2024 | | 1 Oracle Pink | Red Knights | Stars | NU White | Open |
| Monday | 24/06/2024 | | 1 Black Knights | Phoenix | TB Mustangs | TB Colts | Hewett |
| Monday | 24/06/2024 | | 2 Cromer Cobras | Premier | NU Royal | TB Shetlands | Hellesdon High |
| Tuesday | 25/06/2024 | | 2 Jets | NU White | Oracle Pink | TB Racers | UEA |
| Tuesday | 25/06/2024 | | 2 Stars | NU Royal | Phoenix | Black Knights | UEA |
| Tuesday | 25/06/2024 | | 2 Sonics | Blades | Red Knights | Venus | Hellesdon High |
| Monday | 24/06/2024 | | 3 NU Ruby | NU Yellow | Hotshots | NU Amber | UEA |
| Monday | 24/06/2024 | | 3 Belton | Wrens | Hornets | TB Ponies | Open |
| Tuesday | 25/06/2024 | | 3 TB Colts | Hornets | Cromer Cobras | White Knights | Old Catton |
| Wednesday | 26/06/2024 | | 3 TB Shetlands | White Knights | NU Yellow | NU Ruby | Old Catton |
| Wednesday | 26/06/2024 | | 4 Hethersett Hurricanes | Sirens | Icenians | Red Hot Chillies | UEA |
| Thursday | 27/06/2024 | | 4 Tigers | NU Amber | Hethersett Hurricanes | First Home Improvements | Hellesdon High |
| Tuesday | 25/06/2024 | | 4 Hotshots | Icenians | NCF Onyx | Belton | Open |
| Wednesday | 26/06/2024 | | 4 NCF Emerald | Cliff Park | Hethersett Tornadoes | Tigers | Hellesdon High |
| Monday | 24/06/2024 | | 5 Red Hot Chillies | First Home Improvements | Blades | Sonics | Thorpe |
| Tuesday | 25/06/2024 | | 5 Gems | Hethersett Tornadoes | Watton Wolves | OC Chargers | Hewett |
| Wednesday | 26/06/2024 | | 5 OC Chargers | Watton Wolves | Wrens | Trailblazers | Open |
| | | | 5 TB Fillies | BYE WEEK | | | |
| | | | 6 Cromer Vipers | BYE WEEK | | | |
| Tuesday | 25/06/2024 | | 6 NU Red | Dragons | Trowse Jaguars | NCF Emerald | UEA |
| Thursday | 27/06/2024 | | 6 NCF Onyx | TB Ponies | Gems | Cliff Park | Hellesdon High |
| Thursday | 27/06/2024 | | 6 Trowse Jaguars | Trailblazers | Dragons | NU Red | UEA |

Week Comm

Monday, 1 July 2024 Wk 12

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|---------------------------|----------------------|-------------------------|---------------|----------------|
| Monday | 01/07/2024 | | 1 Black Knights | TB Mustangs | TB Racers | Phoenix | Hewett |
| Monday | 01/07/2024 | | 1 Venus | Oracle Pink | Red Knights | NU Blue | Open |
| Thursday | 04/07/2024 | | 1 TB Racers | Phoenix | Venus | NU White | Old Catton |
| Tuesday | 02/07/2024 | | 1 Red Knights | NU Blue | Oracle Pink | Premier | Hewett |
| Tuesday | 02/07/2024 | | 2 Sonics | Jets | Stars | Black Knights | Hellesdon High |
| Monday | 01/07/2024 | | 2 Cromer Cobras | Stars | Sirens | NU Yellow | Hellesdon High |
| Monday | 01/07/2024 | | 2 Premier | Blades | NU Amber | NU Red | Hellesdon CC |
| Monday | 01/07/2024 | | 2 NU Royal | NU White | Jets | TB Shetlands | UEA |
| Wednesday | 03/07/2024 | | 3 TB Shetlands | Belton | Hotshots | NU Royal | Old Catton |
| Monday | 01/07/2024 | | 3 NU Ruby | TB Colts | White Knights | Hornets | UEA |
| Tuesday | 02/07/2024 | | 3 NU Yellow | White Knights | TB Colts | TB Fillies | UEA |
| Tuesday | 02/07/2024 | | 3 Hornets | Wrens | Cromer Cobras | NU Ruby | Open |
| Monday | 01/07/2024 | | 4 Cliff Park | Tigers | Hethersett Hurricanes | Icenians | Open |
| Tuesday | 02/07/2024 | | 4 Hotshots | Sirens | Belton | Blades | Open |
| Wednesday | 03/07/2024 | | 4 Hethersett Hurricanes | NCF Emerald | Red Hot Chillies | Watton Wolves | UEA |
| Wednesday | 03/07/2024 | | 4 Icenians | NU Amber | First Home Improvements | Tigers | Open |
| | | | 5 BYE WEEK | Gems | | | |
| Monday | 01/07/2024 | | 5 First Home Improvements | OC Chargers | NCF Onyx | Trailblazers | Open |
| Monday | 01/07/2024 | | 5 Red Hot Chillies | TB Fillies | Hethersett Tornadoes | Wrens | Thorpe |
| Tuesday | 02/07/2024 | | 5 Watton Wolves | Hethersett Tornadoes | Cromer Vipers | Cliff Park | Hellesdon High |
| Thursday | 04/07/2024 | | 6 Trailblazers | NU Red | OC Chargers | NCF Emerald | Hellesdon High |
| | | | 6 BYE WEEK | TB Ponies | | | |
| Monday | 01/07/2024 | | 6 Cromer Vipers | Trowse Jaguars | Sonics | Dragons | Hellesdon High |
| Thursday | 04/07/2024 | | 6 NCF Onyx | Dragons | Trowse Jaguars | TB Mustangs | Hellesdon High |

Week Comm

Monday, 8 July 2024 Wk 13

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|-------------------------|-------------------------|-------------------------|----------------|----------------|
| Monday | 08/07/2024 | | 1 Oracle Pink | Phoenix | Red Knights | Sirens | Open |
| Tuesday | 09/07/2024 | | 1 Red Knights | TB Mustangs | Jets | Oracle Pink | Hewett |
| Monday | 08/07/2024 | | 1 Venus | NU Blue | TB Mustangs | TB Racers | Open |
| Thursday | 11/07/2024 | | 1 TB Racers | Black Knights | Venus | Premier | Old Catton |
| Tuesday | 09/07/2024 | | 2 Stars | Blades | Phoenix | NU Blue | UEA |
| Monday | 08/07/2024 | | 2 NU Royal | Jets | Black Knights | TB Ponies | UEA |
| Monday | 08/07/2024 | | 2 Cromer Cobras | NU White | Stars | TB Shetlands | Hellesdon High |
| Monday | 08/07/2024 | | 2 Premier | Sonics | NU Yellow | NU Amber | Hellesdon CC |
| Wednesday | 10/07/2024 | | 3 White Knights | TB Colts | Hornets | NU White | Hewett |
| Monday | 08/07/2024 | | 3 Belton | Hornets | Hotshots | White Knights | Open |
| Tuesday | 09/07/2024 | | 3 Wrens | NU Ruby | NU Royal | TB Fillies | Open |
| Wednesday | 10/07/2024 | | 3 TB Shetlands | NU Yellow | Cromer Cobras | NU Ruby | Old Catton |
| Tuesday | 09/07/2024 | | 4 Hotshots | NCF Emerald | Tigers | NCF Onyx | Open |
| Thursday | 11/07/2024 | | 4 Tigers | Icenians | Hethersett Hurricanes | Blades | Hellesdon High |
| Wednesday | 10/07/2024 | | 4 NU Amber | Sirens | Hethersett Tornadoes | Icenians | UEA |
| Wednesday | 10/07/2024 | | 4 Hethersett Hurricanes | Cliff Park | Cromer Vipers | Wotton Wolves | UEA |
| Wednesday | 10/07/2024 | | 5 OC Chargers | TB Fillies | First Home Improvements | Wrens | Open |
| Tuesday | 09/07/2024 | | 5 Watton Wolves | Gems | Belton | TB Colts | Hellesdon High |
| Tuesday | 09/07/2024 | | 5 Hethersett Tornadoes | First Home Improvements | OC Chargers | Sonics | Hellesdon High |
| | | | 5 Red Hot Chillies | BYE WEEK | | | |
| Tuesday | 09/07/2024 | | 6 TB Ponies | Trowse Jaguars | Cliff Park | NU Red | Old Catton |
| Thursday | 11/07/2024 | | 6 NCF Onyx | NU Red | Trailblazers | Trowse Jaguars | Hellesdon High |
| | | | 6 Dragons | BYE WEEK | | | |
| Monday | 08/07/2024 | | 6 Cromer Vipers | Trailblazers | Gems | NCF Emerald | Hellesdon High |

Week Comm

Monday, 15 July 2024 Wk 14

| Day | Date | Div | Home Team | Away Team | Umpire 1 | Umpire 2 | Venue |
|-----------|------------|-----|-------------------------|---------------|-------------------------|-------------|----------------|
| Wednesday | 17/07/2024 | | 1 NU Blue | Phoenix | TB Shetlands | Premier | UEA |
| Thursday | 18/07/2024 | | 1 TB Racers | Oracle Pink | Venus | NU Blue | Old Catton |
| Wednesday | 17/07/2024 | | 1 TB Mustangs | Venus | Red Knights | Jets | Old Catton |
| Tuesday | 16/07/2024 | | 1 Red Knights | Black Knights | Phoenix | TB Mustangs | Hewett |
| Wednesday | 17/07/2024 | | 2 NU White | Blades | Black Knights | TB Colts | UEA |
| Monday | 15/07/2024 | | 2 Premier | Stars | TB Fillies | NU Royal | Hellesdon CC |
| Tuesday | 16/07/2024 | | 2 Jets | Cromer Cobras | Stars | Oracle Pink | UEA |
| Tuesday | 16/07/2024 | | 2 Sonics | NU Royal | Sirens | NU Ruby | Hellesdon High |
| Tuesday | 16/07/2024 | | 3 Wrens | White Knights | Belton | NU Amber | Open |
| Tuesday | 16/07/2024 | | 3 TB Colts | NU Yellow | Hotshots | TB Ponies | Old Catton |
| Monday | 15/07/2024 | | 3 NU Ruby | Belton | White Knights | Hornets | UEA |
| Tuesday | 16/07/2024 | | 3 Hornets | TB Shetlands | TB Racers | NU White | Open |
| Wednesday | 17/07/2024 | | 4 NU Amber | NCF Emerald | First Home Improvements | Tigers | UEA |
| Wednesday | 17/07/2024 | | 4 Hethersett Hurricanes | Hotshots | Red Hot Chillies | Icenians | UEA |

| | | | | | | |
|----------|------------|---------------------------|---------------|---------------|-----------------------|----------------|
| Monday | 15/07/2024 | 4 Sirens | Tigers | Cromer Cobras | Hethersett Hurricanes | Open |
| Monday | 15/07/2024 | 4 Cliff Park | Icenians | Blades | Hethersett Tornados | Open |
| Tuesday | 16/07/2024 | 5 Hethersett Tornados | TB Fillies | Cromer Vipers | Cliff Park | Hellesdon High |
| Monday | 15/07/2024 | 5 Red Hot Chillies | OC Chargers | NCF Onyx | Wrens | Thorpe |
| Monday | 15/07/2024 | 5 First Home Improvements | Gems | Trailblazers | Dragons | Open |
| | | 5 BYE WEEK | Watton Wolves | | | |
| Thursday | 18/07/2024 | 6 Trowse Jaguars | Dragons | Gems | OC Chargers | UEA |
| Monday | 15/07/2024 | 6 Cromer Vipers | TB Ponies | NCF Emerald | Trowse Jaguars | Hellesdon High |
| | | 6 BYE WEEK | NU Red | | | |
| Thursday | 18/07/2024 | 6 Trailblazers | NCF Onyx | Sonics | NU Yellow | Hellesdon High |