

| Home Team | Result | Away Team | Date | Time Status |
|--------------------------|---------------|--------------------------|---------------|--------------------|
| Hastings & St Leonards 1 | 3 - 1 | Hastings & St Leonards 2 | Wed 11 Oct 23 | 19:30 OV |
| Haywards Heath 1 | 1½ - 2½ | Bexhill 1 | Thu 12 Oct 23 | 19:30 OV |
| Eastbourne 2 | ½ - 3½ | Eastbourne 1 | Fri 13 Oct 23 | 19:30 OV |
| Horsham 2 | 1 - 3 | Horsham 1 | Tue 17 Oct 23 | 19:30 OV |
| Hastings & St Leonards 2 | 1 - 3 | Lewes | Tue 17 Oct 23 | 19:30 OV |
| Eastbourne 1 | 1½ - 2½ | Haywards Heath 1 | Fri 20 Oct 23 | 19:30 OV |
| Horsham 1 | 3½ - ½ | Eastbourne 2 | Tue 24 Oct 23 | 19:30 OU |
| Lewes | 1 - 3 | Hastings & St Leonards 1 | Tue 24 Oct 23 | 19:30 OV |
| Bexhill 1 | 1 - 3 | Brighton & Hove 1 | Fri 27 Oct 23 | 19:30 OV |
| Bexhill 1 | 1½ - 2½ | Lewes | Fri 3 Nov 23 | 19:30 OV |
| Crowborough 1 | 1 - 3 | Horsham 1 | Fri 3 Nov 23 | 19:30 OV |
| Horsham 2 | 1½ - 2½ | Eastbourne 1 | Tue 7 Nov 23 | 19:30 OV |
| Worthing 1 | 1 - 3 | Brighton & Hove 1 | Mon 13 Nov 23 | 19:30 OV |
| Eastbourne 2 | 1½ - 2½ | Horsham 2 | Fri 17 Nov 23 | 19:30 OU |
| Lewes | 2½ - 1½ | Haywards Heath 1 | Tue 21 Nov 23 | 19:30 OU |
| Eastbourne 1 | 1½ - 2½ | Hastings & St Leonards 1 | Fri 24 Nov 23 | 19:30 OV |
| Brighton & Hove 1 | 1½ - 2½ | Crowborough 1 | Mon 27 Nov 23 | 19:30 OV |
| Horsham 1 | 3½ - ½ | Bexhill 1 | Tue 28 Nov 23 | 19:30 OV |
| Hastings & St Leonards 2 | 2 - 2 | Worthing 1 | Tue 28 Nov 23 | 19:30 OV |
| Horsham 2 | 0 - 4 | Worthing 1 | Tue 5 Dec 23 | 19:30 OU |
| Hastings & St Leonards 1 | 2½ - 1½ | Crowborough 1 | Wed 6 Dec 23 | 19:30 OU |
| Haywards Heath 1 | ½ - 3½ | Brighton & Hove 1 | Thu 7 Dec 23 | 19:30 OV |
| Bexhill 1 | 1½ - 2½ | Eastbourne 2 | Fri 8 Dec 23 | 19:30 OV |
| Eastbourne 1 | 2½ - 1½ | Horsham 1 | Fri 12 Jan 24 | 19:30 OV |
| Worthing 1 | 2½ - 1½ | Hastings & St Leonards 1 | Mon 15 Jan 24 | 19:30 OV |
| Hastings & St Leonards 2 | 1½ - 2½ | Horsham 2 | Tue 16 Jan 24 | 19:30 OU |
| Eastbourne 1 | 2 - 2 | Bexhill 1 | Fri 19 Jan 24 | 19:30 OU |
| Horsham 2 | 3½ - ½ | Crowborough 1 | Tue 23 Jan 24 | 19:30 OU |
| Lewes | 1½ - 2½ | Worthing 1 | Tue 23 Jan 24 | 19:30 OV |
| Eastbourne 2 | 2 - 2 | Hastings & St Leonards 2 | Fri 26 Jan 24 | 19:30 OV |
| Brighton & Hove 1 | 2½ - 1½ | Horsham 2 | Mon 29 Jan 24 | 19:30 OU |
| Crowborough 1 | ½ - 3½ | Eastbourne 1 | Fri 2 Feb 24 | 19:30 OU |
| Lewes | 1½ - 2½ | Eastbourne 2 | Tue 6 Feb 24 | 19:30 OU |
| Haywards Heath 1 | 1½ - 2½ | Horsham 2 | Thu 8 Feb 24 | 19:30 OU |
| Brighton & Hove 1 | 2½ - 1½ | Lewes | Mon 12 Feb 24 | 19:30 OV |
| Hastings & St Leonards 2 | 1½ - 2½ | Eastbourne 1 | Tue 13 Feb 24 | 19:30 OV |
| Crowborough 1 | 2½ - 1½ | Bexhill 1 | Fri 16 Feb 24 | 19:30 OU |
| Worthing 1 | ½ - 3½ | Horsham 1 | Mon 19 Feb 24 | 19:30 OV |
| Horsham 2 | 2 - 2 | Hastings & St Leonards 1 | Tue 20 Feb 24 | 19:30 OU |
| Eastbourne 2 | 1 - 3 | Brighton & Hove 1 | Fri 23 Feb 24 | 19:30 OV |
| Horsham 1 | 2½ - 1½ | Haywards Heath 1 | Tue 27 Feb 24 | 19:30 OV |
| Lewes | 2 - 2 | Crowborough 1 | Tue 27 Feb 24 | 19:30 OV |
| Bexhill 1 | 2 - 2 | Horsham 2 | Fri 1 Mar 24 | 19:30 OV |

| Home Team | Result | Away Team | Date | Time Status |
|--------------------------|---------------|--------------------------|---------------|--------------------|
| Eastbourne 1 | 2 - 2 | Worthing 1 | Fri 1 Mar 24 | 19:30 OU |
| Brighton & Hove 1 | 3 - 1 | Hastings & St Leonards 2 | Mon 4 Mar 24 | 19:30 OV |
| Hastings & St Leonards 1 | 2 - 2 | Horsham 1 | Wed 6 Mar 24 | 19:30 OV |
| Haywards Heath 1 | 3 - 1 | Eastbourne 2 | Thu 7 Mar 24 | 19:30 OU |
| Crowborough 1 | 3½ - ½ | Hastings & St Leonards 2 | Fri 8 Mar 24 | 19:30 OU |
| Eastbourne 1 | 2 - 2 | Lewes | Fri 15 Mar 24 | 19:30 OV |
| Horsham 1 | 4 - 0 | Hastings & St Leonards 2 | Tue 19 Mar 24 | 19:30 OV |
| Haywards Heath 1 | 1½ - 2½ | Worthing 1 | Thu 21 Mar 24 | 19:30 OV |
| Lewes | 2 - 2 | Horsham 1 | Tue 26 Mar 24 | 19:30 OV |
| Haywards Heath 1 | 2 - 2 | Hastings & St Leonards 1 | Thu 28 Mar 24 | 19:30 OV |
| Hastings & St Leonards 1 | 3 - 1 | Brighton & Hove 1 | Sat 6 Apr 24 | 14:30 OU |
| Worthing 1 | 3½ - ½ | Crowborough 1 | Mon 15 Apr 24 | 19:30 OV |
| Horsham 1 | 2½ - 1½ | Brighton & Hove 1 | Tue 16 Apr 24 | 19:30 OU |
| Hastings & St Leonards 2 | 1 - 3 | Haywards Heath 1 | Tue 16 Apr 24 | 19:30 OV |
| Bexhill 1 | ½ - 3½ | Hastings & St Leonards 1 | Fri 19 Apr 24 | 19:30 OV |
| Worthing 1 | 3 - 1 | Eastbourne 2 | Mon 22 Apr 24 | 19:30 OV |
| Horsham 2 | 1 - 3 | Lewes | Tue 23 Apr 24 | 19:30 OU |
| Crowborough 1 | 2 - 2 | Haywards Heath 1 | Fri 26 Apr 24 | 19:30 OV |
| Bexhill 1 | 1½ - 2½ | Worthing 1 | Fri 26 Apr 24 | 19:30 OU |
| Brighton & Hove 1 | 3 - 1 | Eastbourne 1 | Mon 29 Apr 24 | 19:30 OV |
| Hastings & St Leonards 2 | ½ - 3½ | Bexhill 1 | Tue 30 Apr 24 | 19:30 OV |
| Hastings & St Leonards 1 | 2½ - 1½ | Eastbourne 2 | Wed 1 May 24 | 19:30 OU |
| Eastbourne 2 | 1½ - 2½ | Crowborough 1 | Fri 3 May 24 | 19:30 OU |