

| Home Team | Result | Away Team | Date | Time | Status |
|---------------------------|---------------|------------------------|---------------|-------------|---------------|
| Broadland Swallowtails | 5 - 3 | North Norfolk Lobsters | Tue 28 Nov 23 | 19:30 | OV |
| Norfolk & Norwich Knights | 8 - 0 | Broadland Swallowtails | Tue 16 Jan 24 | 19:30 | OV |