

| Schedule: | Time | Park | Home | Away | Umpiring Team |
|------------------|-------------|----------------|------------------|------------------|----------------------|
| May 29, 2010 | 1600 | Parkway Forest | Sanctuary | Covenant | Mustard Seeds |
| | 1800 | Parkway Forest | NEWBS | Sanctuary | Conviction |
| June 26, 2010 | 1600 | Muirhead | Sanctuary | Knights | FC |
| | 1800 | Muirhead | Whitestones | Sanctuary | FC |
| July 17, 2010 | 1600 | Muirhead | Sanctuary | Ex Nihilo | Rock |
| | 1800 | Muirhead | Ambassadors | Sanctuary | Rock |
| July 25, 2010 | 1600 | Parkway Forest | Sanctuary | Anchor | Cornerstone |
| | 1800 | Parkway Forest | Forerunners | Sanctuary | Ekklesia |
| August 7, 2010 | 1600 | Muirhead | Sanctuary | Almity | Tofu |
| | 1800 | Muirhead | Exodus | Sanctuary | Sword of the Spirit |