

| Round 1 | | | | |
|---------------|--------------------------------|---|--------------------------------|-----------------------------------|
| 27 March 2019 | Casey Demons | v | Melbourne University Lightning | SNHC, Court 4 |
| 27 March 2019 | Peninsula Waves | v | Boroondara Express | SNHC Court 1 |
| 27 March 2019 | Ariels | v | Geelong Cougars | SNHC Court 2 |
| 30 March 2019 | Wilson Storage Southern Saints | v | North East Blaze | Bendigo Stadium |
| 30 March 2019 | Hawks Netball | v | City West Falcons | State Basketball Centre, Wantirna |
| Round 2 | | | | |
| 3 April 2019 | Geelong Cougars | v | Hawks Netball | SNHC Court 4 |
| 3 April 2019 | Melbourne University Lightning | v | North East Blaze | SNHC Court 2 |
| 3 April 2019 | City West Falcons | v | Casey Demons | SNHC Court 1 |
| 5 April 2019 | Wilson Storage Southern Saints | v | Boroondara Express | Mentone Grammar |
| 6 April 2019 | Peninsula Waves | v | Ariels | Patterson River SC |
| Round 3 | | | | |
| 10 April 2019 | Ariels | v | Wilson Storage Southern Saints | Waverley Netball Centre |
| 10 April 2019 | City West Falcons | v | Geelong Cougars | SNHC Court 2 |
| 10 April 2019 | Casey Demons | v | Hawks Netball | Casey Stadium |
| 10 April 2019 | Boroondara Express | v | Melbourne University Lightning | SNHC Court 1 |
| 10 April 2019 | Peninsula Waves | v | North East Blaze | Waverley Netball Centre |
| Round 4 | | | | |
| 17 April 2019 | North East Blaze | v | Boroondara Express | Waverley Netball Centre |
| 17 April 2019 | City West Falcons | v | Peninsula Waves | SNHC Court 2 |
| 17 April 2019 | Ariels | v | Casey Demons | Waverley Netball Centre |
| 17 April 2019 | Wilson Storage Southern Saints | v | Geelong Cougars | SNHC Court 1 |
| 17 April 2019 | Melbourne University Lightning | v | Hawks Netball | SNHC Court 4 |
| Round 5 | | | | |
| 24 April 2019 | Boroondara Express | v | Ariels | SNHC Court 2 |
| 24 April 2019 | Geelong Cougars | v | Melbourne University Lightning | SNHC Court 4 |

| | | | | |
|----------------|--------------------------------|---|--------------------------------|-------------------------|
| 24 April 2019 | Wilson Storage Southern Saints | v | Casey Demons | Waverley Netball Centre |
| 24 April 2019 | North East Blaze | v | City West Falcons | SNHC Court 1 |
| 24 April 2019 | Peninsula Waves | v | Hawks Netball | Waverley Netball Centre |
| Round 6 | | | | |
| 1 May 2019 | Hawks Netball | v | Ariels | SNHC Court 1 |
| 1 May 2019 | Boroondara Express | v | Geelong Cougars | Maribyrnong College |
| 1 May 2019 | Melbourne University Lightning | v | Peninsula Waves | SNHC Court 5 |
| 1 May 2019 | City West Falcons | v | Wilson Storage Southern Saints | SNHC Court 3 |
| 1 May 2019 | North East Blaze | v | Casey Demons | SNHC Court 2 |
| Round 7 | | | | |
| 8 May 2019 | Geelong Cougars | v | Casey Demons | SNHC Court 1 |
| 8 May 2019 | Hawks Netball | v | North East Blaze | SNHC Court 5 |
| 8 May 2019 | Boroondara Express | v | City West Falcons | SNHC Court 3 |
| 8 May 2019 | Ariels | v | Melbourne University Lightning | SNHC Court 2 |
| 10 May 2019 | Wilson Storage Southern Saints | v | Peninsula Waves | Mentone Grammar |
| Round 8 | | | | |
| 15 May 2019 | Melbourne University Lightning | v | City West Falcons | SNHC Court 1 |
| 15 May 2019 | Peninsula Waves | v | Geelong Cougars | SNHC Court 2 |
| 15 May 2019 | Hawks Netball | v | Wilson Storage Southern Saints | SNHC Court 5 |
| 15 May 2019 | Ariels | v | North East Blaze | SNHC Court 4 |
| 15 May 2019 | Casey Demons | v | Boroondara Express | SNHC Court 3 |
| Round 9 | | | | |
| 22 May 2019 | Melbourne University Lightning | v | Wilson Storage Southern Saints | SNHC Court 4 |
| 22 May 2019 | Hawks Netball | v | Boroondara Express | SNHC Court 5 |
| 22 May 2019 | Casey Demons | v | Peninsula Waves | SNHC Court 1 |
| 22 May 2019 | City West Falcons | v | Ariels | SNHC Court 2 |
| 22 May 2019 | Geelong Cougars | v | North East Blaze | SNHC Court 3 |

| Round 10 | | | | |
|--------------|--------------------------------|---|--------------------------------|------------------------|
| 29 May 2019 | Boroondara Express | v | Peninsula Waves | SNHC Court 4 |
| 29 May 2019 | North East Blaze | v | Wilson Storage Southern Saints | SNHC Court 1 |
| 29 May 2019 | City West Falcons | v | Hawks Netball | SNHC Court 3 |
| 29 May 2019 | Melbourne University Lightning | v | Casey Demons | SNHC Court 2 |
| 29 May 2019 | Geelong Cougars | v | Ariels | SNHC Court 5 |
| Round 11 | | | | |
| 5 June 2019 | Casey Demons | v | City West Falcons | SNHC Court 5 |
| 5 June 2019 | North East Blaze | v | Melbourne University Lightning | Maribyrnong College |
| 5 June 2019 | Hawks Netball | v | Geelong Cougars | SNHC Court 1 |
| 5 June 2019 | Boroondara Express | v | Wilson Storage Southern Saints | SNHC Court 2 |
| 5 June 2019 | Ariels | v | Peninsula Waves | SNHC Court 3 |
| Round 12 | | | | |
| 12 June 2019 | North East Blaze | v | Peninsula Waves | SNHC Court 2 |
| 12 June 2019 | Melbourne University Lightning | v | Boroondara Express | SNHC Court 5 |
| 12 June 2019 | Wilson Storage Southern Saints | v | Ariels | SNHC Court 1 |
| 12 June 2019 | Geelong Cougars | v | City West Falcons | Eagle Stadium |
| 12 June 2019 | Hawks Netball | v | Casey Demons | SNHC Court 3 |
| Round 13 | | | | |
| 19 June 2019 | Ariels | v | Hawks Netball | SNHC Court 1 |
| 19 June 2019 | Geelong Cougars | v | Boroondara Express | SNHC Court 2 |
| 19 June 2019 | Wilson Storage Southern Saints | v | City West Falcons | SNHC Court 5 |
| 19 June 2019 | Casey Demons | v | North East Blaze | SNHC Court 3 |
| 22 June 2019 | Peninsula Waves | v | Melbourne University Lightning | Patterson River SC |
| Round 14 | | | | |
| 26 June 2019 | North East Blaze | v | Ariels | Community Bank Stadium |
| 26 June 2019 | Boroondara Express | v | Casey Demons | SNHC Court 1 |

| | | | | |
|-----------------|--------------------------------|---|--------------------------------|-------------------------|
| 26 June 2019 | Geelong Cougars | v | Peninsula Waves | SNHC Court 5 |
| 26 June 2019 | Wilson Storage Southern Saints | v | Hawks Netball | SNHC Court 2 |
| 26 June 2019 | City West Falcons | v | Melbourne University Lightning | SNHC Court 3 |
| Round 15 | | | | |
| 3 July 2019 | Peninsula Waves | v | City West Falcons | SNHC Court 1 |
| 3 July 2019 | Casey Demons | v | Ariels | Casey Stadium |
| 3 July 2019 | North East Blaze | v | Boroondara Express | SNHC Court 2 |
| 6 July 2019 | Hawks Netball | v | Melbourne University Lightning | Pakenham Leisure Centre |
| 7 July 2019 | Geelong Cougars | v | Wilson Storage Southern Saints | Christian College |
| Round 16 | | | | |
| 10 July 2019 | Ariels | v | Boroondara Express | HE Parker Reserve |
| 10 July 2019 | Hawks Netball | v | Peninsula Waves | SNHC Court 4 |
| 10 July 2019 | Casey Demons | v | Wilson Storage Southern Saints | Casey Stadium |
| 10 July 2019 | City West Falcons | v | North East Blaze | SNHC Court 2 |
| 10 July 2019 | Melbourne University Lightning | v | Geelong Cougars | SNHC Court 1 |
| Round 17 | | | | |
| 17 July 2019 | Wilson Storage Southern Saints | v | Melbourne University Lightning | SNHC Court 1 |
| 17 July 2019 | Boroondara Express | v | Hawks Netball | SNHC Court 2 |
| 17 July 2019 | Ariels | v | City West Falcons | SNHC Court 4 |
| 20 July 2019 | Peninsula Waves | v | Casey Demons | Patterson River SC |
| 20 July 2019 | North East Blaze | v | Geelong Cougars | Community Bank Stadium |
| Round 18 | | | | |
| 24 July 2019 | City West Falcons | v | Boroondara Express | SNHC Court 5 |
| 24 July 2019 | Casey Demons | v | Geelong Cougars | SNHC Court 4 |
| 24 July 2019 | Melbourne University Lightning | v | Ariels | SNHC Court 3 |
| 24 July 2019 | North East Blaze | v | Hawks Netball | SNHC Court 1 |
| 24 July 2019 | Peninsula Waves | v | Wilson Storage Southern Saints | SNHC Court 2 |

| Semi Finals | | | | |
|--------------------|-----|---|-----|--|
| 31 July 2019 | TBC | v | TBC | |
| 31 July 2019 | TBC | v | TBC | |
| Preliminary Finals | | | | |
| 7 August 2019 | TBC | v | TBC | |
| Grand Finals | | | | |
| 14 August 2019 | TBC | v | TBC | |