



2020 First Division Draw



| Date | Round | Defence Away | Easts | Gungahlin | Queanbeyan | Royals | Tuggeranong | Uni-Norths | Wests | ADFA | Cooma | Goulburn | Hall | RMC |
|-------------|-------|--------------|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 28th March | 1 | | Tuggeranong | RMC | Wests | Goullburn | Easts | ADFA | Queanbeyan | Uni-Norths | Hall | Royals | Cooma | Gungahlin |
| 4th April | 2 | ADFA | Goulburn | Cooma | ADFA | RMC | Uni-Norths | Tuggeranong | Hall | Queanbeyan | Gungahlin | Easts | Wests | Royals |
| 11th April | | ADFA/RMC | Easter Saturday | | | | | | | | | | | |
| 18th April | 3 | ADFA/RMC | Queanbeyan | Tuggeranong | Easts | Cooma | Gungahlin | Hall | ADFA | Wests | Royals | RMC | Uni-Norths | Goulburn |
| 25th April | | | ANZAC DAY | | | | | | | | | | | |
| 2nd May | 4 | | Wests | Hall | Royals | Queanbeyan | Cooma | Goulburn | Easts | RMC | Tuggeranong | Uni-Norths | Gungahlin | ADFA |
| 9th May | 5 | RMC | Gungahlin | Easts | Hall | RMC | ADFA | Wests | Uni-Norths | Tuggeranong | Goulburn | Cooma | Queanbeyan | Royals |
| 16th May | 6 | RMC | ADFA | Uni-Norths | Cooma | Tuggeranong | Royals | Gungahlin | RMC | Easts | Queanbeyan | Hall | Goulburn | Wests |
| 23rd May | 7 | RMC | Uni-Norths | ADFA | Goulburn | Hall | Wests | Easts | Tuggeranong | Gungahlin | RMC | Queanbeyan | Royals | Cooma |
| 30th May | 8 | RMC | RMC | Goulburn | Uni-Norths | Wests | Hall | Queanbeyan | Royals | Cooma | ADFA | Gungahlin | Tuggeranong | Easts |
| 6th June | | RMC | June Long Weekend | | | | | | | | | | | |
| 13th June | 9 | | Royals | Tuggeranong | RMC | Easts | Gungahlin | ADFA | Cooma | Uni-Norths | Wests | Hall | Goulburn | Queanbeyan |
| 20th June | 10 | ADFA | Hall | Uni-Norths | Cooma | ADFA | RMC | Gungahlin | Goulburn | Royals | Queanbeyan | Wests | Easts | Tuggeranong |
| 27th June | 11 | ADFA | Cooma | Wests | Royals | Queanbeyan | Uni-Norths | Tuggeranong | Gungahlin | Goulburn | Easts | ADFA | RMC | Hall |
| 4th July | 12 | ADFA/RMC | Goulburn | ADFA | Tuggeranong | Cooma | Queanbeyan | RMC | Hall | Gungahlin | Royals | Easts | Wests | Uni-Norths |
| 11th July | 13 | ADFA | Wests | Queanbeyan | Gungahlin | Uni-Norths | Goulburn | Royals | Easts | Hall | RMC | Tuggeranong | ADFA | Cooma |
| 18th July | 14 | | Hall | Royals | RMC | Gungahlin | ADFA | Cooma | Goulburn | Tuggeranong | Uni-Norths | Wests | Easts | Queanbeyan |
| 25th July | QF | | Quarter Finals | | | | | | | | | | | |
| 1st August | SF | | Semi Finals | | | | | | | | | | | |
| 8th/9th Aug | PF | | Preliminary Final | | | | | | | | | | | |
| 15th August | GF | | Grand Final | | | | | | | | | | | |

Team playing at home
 Team playing away