

Journée	Date effective	Equipe locale	Equipe visiteuse
1	15-sept.-19	R C THONON CHABLAIS LEMAN (4078H)	RUGBY CLUB ANNEMASSIEN (4007F)
2	22-sept.-19	RUGBY CLUB ANNEMASSIEN (4007F)	R C MATHEYSIN (4052E)
3	29-sept.-19	ETOILE SPORTIVE VAULNAVEYS (4086S)	RUGBY CLUB ANNEMASSIEN (4007F)
4	13-oct.-19	RUGBY CLUB ANNEMASSIEN (4007F)	S O UGINE ALBERTVILLE (4083N)
5	20-oct.-19	R C FAUCIGNY SALLANCHES CLUSES (4062R)	RUGBY CLUB ANNEMASSIEN (4007F)
6	27-oct.-19	RUGBY CLUB ANNEMASSIEN (4007F)	U S PAYS DE GEX RUGBY (4029E)
7	10-nov.-19	R C MOTTERAIN (4009H)	RUGBY CLUB ANNEMASSIEN (4007F)
8	17-nov.-19	R C SEYSSINOIS (4064T)	RUGBY CLUB ANNEMASSIEN (4007F)
9	24-nov.-19	RUGBY CLUB ANNEMASSIEN (4007F)	R C ANNECY LE VIEUX (4006E)
10	8-déc.-19	RUGBY CLUB ANNEMASSIEN (4007F)	R C THONON CHABLAIS LEMAN (4078H)
11	15-déc.-19	R C MATHEYSIN (4052E)	RUGBY CLUB ANNEMASSIEN (4007F)
12	12-janv.-20	RUGBY CLUB ANNEMASSIEN (4007F)	ETOILE SPORTIVE VAULNAVEYS (4086S)
13	19-janv.-20	S O UGINE ALBERTVILLE (4083N)	RUGBY CLUB ANNEMASSIEN (4007F)
14	26-janv.-20	RUGBY CLUB ANNEMASSIEN (4007F)	R C FAUCIGNY SALLANCHES CLUSES (4062R)
15	9-févr.-20	U S PAYS DE GEX RUGBY (4029E)	RUGBY CLUB ANNEMASSIEN (4007F)
16	16-févr.-20	RUGBY CLUB ANNEMASSIEN (4007F)	R C MOTTERAIN (4009H)
17	1-mars-20	RUGBY CLUB ANNEMASSIEN (4007F)	R C SEYSSINOIS (4064T)
18	15-mars-20	R C ANNECY LE VIEUX (4006E)	RUGBY CLUB ANNEMASSIEN (4007F)