| Club | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|--------------|--------------|----------|----------|
| Aldeburgh | | | | | | | ✓ | √ | √ | | | | | | |
| Bramford | | | | | | | | | √ | √ | √ | | | | |
| Brett Vale | X | X | | | | | | | | | \boxtimes | X | √ | √ | ✓ |
| Bungay | | | | | | | | | √ | ✓ | √ | | | | |
| Bury St Edmunds | İ | √ | √ | √ | | | | | | | | | | √ | ✓ |
| Diss | İ | | | | | √ | √ | √ | | | | | | | |
| Felixstowe | | | √ | √ | ✓ | | | | | | | | | | ✓ |
| Flempton | | | | | | | | | | | √ | √ | √ | | |
| Fynn Valley | ✓ | ✓ | | | | | | | | ✓ | √ | √ | | | |
| Gorleston | √ | ✓ | √ | | | | | | | | | | | | ✓ |
| Halesworth | | | | | | | | √ | √ | ✓ | | | | | |
| Haverhill | | | | | | | | | | | √ | √ | √ | | |
| Hintlesham | ✓ | | | | | | | X | X | X | | | | √ | ✓ |
| Ipswich | | | | | | | √ | ✓ | √ | | | | | | |
| Kingfisher | | | | | | √ | ✓ | ✓ | | | | | | | |
| Newton Green | | | | | ✓ | √ | √ | | | | | | | | |
| Rookery Park | ✓ | | | | | | | | | ✓ | √ | √ | | | |
| Royal Worlington | | | | | | | | ✓ | ✓ | ✓ | | | | | |
| Rushmere | ✓ | ✓ | | | | | | | | | | | √ | ✓ | ✓ |
| Seckford | | | | √ | ✓ | ✓ | | | | | | | | | |
| Southwold | ✓ | ✓ | ✓ | | | | | | | | | | ✓ | ✓ | ✓ |
| St Audry's | | | | | | | | | | | | \checkmark | \checkmark | ✓ | |
| St Clements | | | | | | X | X | X | | | | | | | |
| Stowmarket | | | | | ✓ | ✓ | ✓ | | | | | | | | |
| The Suffolk | | | | | X | X | X | | | | | | | | |
| Thorpeness | | | ✓ | ✓ | ✓ | | | | | ✓ | √ | ✓ | | | |
| Ufford Park | | X | X | X | | | | | | | | ✓ | ✓ | ✓ | |
| Woodbridge | | | | ✓ | ✓ | ✓ | | | | | | | | | |