

| Sp-Nr. | Datum | Anstoß | Spielpaarung | Ergeb. |
|--------------------|------------|--------|---------------------------|-----------------------------|
| 1. Spieltag | | | | |
| 001 | 29.04.2023 | 10:30 | 1. JFG Rhön | - (SG) TSV Oberthulba |
| 002 | 26.05.2023 | 18:00 | (SG) SG Oberleichtersbach | - (SG) FC Bad Kissingen |
| 003 | 18.03.2023 | 14:00 | (SG) TSV Ebenhausen | - (SG) FC Hammelburg 1:5 |
| 004 | 18.03.2023 | 12:00 | (SG) TSV Münnerstadt | - (SG) VfR Sulzthal 1:4 |
| 005 | 28.04.2023 | 17:30 | (SG) DJK Unterweißenbrunn | - TSV Brendlorenzen |
| 2. Spieltag | | | | |
| 006 | 17.04.2023 | 18:00 | TSV Brendlorenzen | - 1. JFG Rhön |
| 007 | 14.04.2023 | 18:00 | (SG) DJK Unterweißenbrunn | - (SG) VfR Sulzthal |
| 008 | 26.04.2023 | 18:00 | (SG) TSV Münnerstadt | - (SG) FC Hammelburg |
| 009 | 25.03.2023 | 12:30 | (SG) FC Bad Kissingen | - (SG) TSV Ebenhausen 2:3 |
| 010 | 15.04.2023 | 11:00 | (SG) TSV Oberthulba | - (SG) SG Oberleichtersbach |
| 3. Spieltag | | | | |
| 011 | 21.04.2023 | 17:30 | TSV Brendlorenzen | - (SG) VfR Sulzthal |
| 012 | 21.04.2023 | 18:00 | (SG) SG Oberleichtersbach | - 1. JFG Rhön |
| 013 | 22.04.2023 | 14:00 | (SG) TSV Ebenhausen | - (SG) TSV Oberthulba |
| 014 | 21.04.2023 | 18:00 | (SG) TSV Münnerstadt | - (SG) FC Bad Kissingen |
| 015 | 21.04.2023 | 18:00 | (SG) FC Hammelburg | - (SG) DJK Unterweißenbrunn |
| 4. Spieltag | | | | |
| 016 | 06.05.2023 | 10:30 | 1. JFG Rhön | - (SG) TSV Ebenhausen |
| 017 | 05.05.2023 | 18:00 | (SG) SG Oberleichtersbach | - TSV Brendlorenzen |
| 018 | 05.05.2023 | 18:00 | (SG) FC Hammelburg | - (SG) VfR Sulzthal |
| 019 | 06.05.2023 | 12:30 | (SG) FC Bad Kissingen | - (SG) DJK Unterweißenbrunn |
| 020 | 06.05.2023 | 11:00 | (SG) TSV Oberthulba | - (SG) TSV Münnerstadt |
| 5. Spieltag | | | | |
| 021 | 12.05.2023 | 17:30 | TSV Brendlorenzen | - (SG) FC Hammelburg |
| 022 | 13.05.2023 | 11:00 | (SG) VfR Sulzthal | - (SG) FC Bad Kissingen |
| 023 | 13.05.2023 | 14:00 | (SG) TSV Ebenhausen | - (SG) SG Oberleichtersbach |
| 024 | 12.05.2023 | 18:00 | (SG) TSV Münnerstadt | - 1. JFG Rhön |
| 025 | 13.05.2023 | 14:00 | (SG) DJK Unterweißenbrunn | - (SG) TSV Oberthulba |
| 6. Spieltag | | | | |
| 026 | 20.05.2023 | 10:30 | 1. JFG Rhön | - (SG) DJK Unterweißenbrunn |
| 027 | 19.05.2023 | 18:00 | (SG) SG Oberleichtersbach | - (SG) TSV Münnerstadt |
| 028 | 20.05.2023 | 14:00 | (SG) TSV Ebenhausen | - TSV Brendlorenzen |
| 029 | 20.05.2023 | 12:30 | (SG) FC Bad Kissingen | - (SG) FC Hammelburg |
| 030 | 20.05.2023 | 11:00 | (SG) TSV Oberthulba | - (SG) VfR Sulzthal |
| 7. Spieltag | | | | |
| 031 | 16.06.2023 | 17:30 | TSV Brendlorenzen | - (SG) FC Bad Kissingen |
| 032 | 17.06.2023 | 11:00 | (SG) VfR Sulzthal | - 1. JFG Rhön |
| 033 | 16.06.2023 | 18:00 | (SG) FC Hammelburg | - (SG) TSV Oberthulba |
| 034 | 16.06.2023 | 18:00 | (SG) TSV Münnerstadt | - (SG) TSV Ebenhausen |
| 035 | 17.06.2023 | 14:00 | (SG) DJK Unterweißenbrunn | - (SG) SG Oberleichtersbach |
| 8. Spieltag | | | | |
| 036 | 24.06.2023 | 10:30 | 1. JFG Rhön | - (SG) FC Hammelburg |
| 037 | 23.06.2023 | 18:00 | (SG) SG Oberleichtersbach | - (SG) VfR Sulzthal |
| 038 | 24.06.2023 | 14:00 | (SG) TSV Ebenhausen | - (SG) DJK Unterweißenbrunn |
| 039 | 24.06.2023 | 14:00 | (SG) TSV Münnerstadt | - TSV Brendlorenzen |
| 040 | 24.06.2023 | 11:00 | (SG) TSV Oberthulba | - (SG) FC Bad Kissingen |
| 9. Spieltag | | | | |
| 041 | 30.06.2023 | 17:30 | TSV Brendlorenzen | - (SG) TSV Oberthulba |
| 042 | 01.07.2023 | 11:00 | (SG) VfR Sulzthal | - (SG) TSV Ebenhausen |
| 043 | 30.06.2023 | 18:00 | (SG) FC Hammelburg | - (SG) SG Oberleichtersbach |
| 044 | 01.07.2023 | 12:30 | (SG) FC Bad Kissingen | - 1. JFG Rhön |
| 045 | 01.07.2023 | 14:00 | (SG) DJK Unterweißenbrunn | - (SG) TSV Münnerstadt |