

| Week | Date | Home | Away | Time | Score | Bye | | | | |
|--------|------------|--------------------|--------------------|---------------------|--------|---------------------------|--|--|--------------------|---------|
| | | Jersey Shore Dawgs | B-Mac All Stars | 6:05 | 89-58 | | | | | |
| Week 1 | April 17th | Rim Jobs | Prestige Worldwide | 7:05 | 70-54 | Ball Don't Lie | | | | |
| | | Funky Bunch | Parks Sharks | 8:05 | 46-82 | | | | | |
| | | | | | | | | | | |
| | | Jersey Shore Dawgs | Prestige Worldwide | 6:05 | 74-59 | | | | | |
| Week 2 | April 24th | B-Mac All Stars | Ball Don't Lie | 7:05 | 50-63 | Funky Bunch | | | | |
| | | Rim Jobs | Parks Sharks | 8:05 | 84-60 | | | | | |
| | | | | | | | | | | |
| | | Jersey Shore Dawgs | Parks Sharks | 6:05 | 85-42 | | | | | |
| Week 3 | May 1st | Funky Bunch | B-Mac All Stars | 7:05 | 68-77 | Rim Jobs | | | | |
| | | Ball Don't Lie | Prestige Worldwide | 8:05 | 57-21 | | | | | |
| | | | | | | | | | | |
| | | Ball Don't Lie | Rim Jobs | 6:05 | 50-54 | | | | Team Name | Captain |
| Week 4 | May 8th | Parks Sharks | B-Mac All Stars | 7:05 | 52-74 | Jersey Shore Dawgs | | | Funky Bunch | Farber |
| | | Prestige Worldwide | Funky Bunch | 8:05 | 77-69 | | | | Parks Sharks | Chen |
| | | | | | | | | | Rim Jobs | Scott |
| | | | | | | | | | Prestige Worldwide | Clark |
| | | | | | | | | | Jersey Shore Dawgs | Golden |
| | | Funky Bunch | Ball Don't Lie | 6:05 | 42-65 | | | | B-Mac All Stars | Roshala |
| Week 5 | May 15th | Jersey Shore Dawgs | Rim Jobs | 7:05 | 62-54 | Parks Sharks | | | Ball Don't Lie | Marasco |
| | | Prestige Worldwide | B-Mac All Stars | 8:05 | 56-59 | | | | | |
| | | | | | | | | | | |
| | | Funky Bunch | Rim Jobs | 6:05 | 80-103 | | | | | |
| Week 6 | May 22nd | Parks Sharks | Prestige Worldwide | 7:05 | 61-67 | B-Mac All Stars | | | | |
| | | Ball Don't Lie | Jersey Shore Dawgs | 8:05 | 40-47 | | | | | |
| | | | | | | | | | | |
| | | Ball Don't Lie | Parks Sharks | 6:05 | 73-52 | | | | | |
| Week 7 | June 5th | Jersey Shore Dawgs | Funky Bunch | 7:05 | 108-70 | Prestige Worldwide | | | | |
| | | Rim Jobs | B-Mac All Stars | 8:05 | 82-74 | | | | | |
| | | | | | | | | | | |
| | | 4 Seed | 5 Seed | (Play-In Game) 6:05 | 51-47 | 6th Seed | | | | |
| Week 8 | June 12th | 2 Seed | 3 Seed | 7:05 | 68-41 | 7th Seed | | | | |
| | | 1 Seed | Winner of 4 vs. 5 | 8:05 | 74-38 | | | | | |
| | | | | | | | | | | |
| | | All Star Game | 3 Pt. Contest | 6:05 | | Remaining Teams | | | | |
| Week 9 | June 26th | 3 Pt. Contest - FR | | 7:05 | | | | | | |
| | | Championship | Dawgs vs. Rimmers | 8:05 | 31-55 | Spring '23 Champs:Rimmers | | | | |