| Week 8 | | Exstador comp. | Seizoen 2022-23 | | |
|---|---|---|---|---|---|
| 24-02-2023 | 19.00 | Bouwvisie Friesland | v. Stee Offshore | 3-4 | A-League |
| 24-02-2023 | 19.40 | v.d. Ploeg Schilderwerken | Buurtbazen | 5-0 Regl. | A-League |
| 24-02-2023 | 20.20 | PoPaLo | Mind of Visuals | 5-8 | B-League |
| 24-02-2023 | 21.00 | Pedicure Spa Harlingen | ~~Damen Shipyard~~ | 5-0 Regl. | B-League |
| Week 9 | | Exstador comp. | Seizoen 2022-23 | | |
| 03-03-2023 | 19.00 | Oosterhof/Holman | De Tobbedanser | | B-League |
| 03-03-2023 | 19.40 | The Shamrock | Broodje nuchter | | A-League |
| 03-03-2023 | 20.20 | Van Der Meulen | Stumak | | A-League |
| 03-03-2023 | 21.00 | Mind of Visuals 35/45 | ZWF/Poelstra 35/45 | | 35/45 Plus |

**Stand A-League**

| | Team | WG | WI | GL | VL | PU | DV | DT | DS |
|---|---|---|---|---|---|---|---|---|---|
| 1 | Broodje nuchter | 8 | 7 | 0 | 1 | 21 | 45 | 18 | +27 |
| 2 | Ploeg Schilderw. | 9 | 7 | 0 | 2 | 21 | 42 | 21 | +21 |
| 3 | Bouwvisie Friesland | 10 | 5 | 1 | 4 | 16 | 40 | 37 | +3 |
| 4 | Van Der Meulen | 9 | 5 | 0 | 4 | 15 | 32 | 33 | -1 |
| 5 | Van Stee Offshore | 10 | 4 | 1 | 5 | 13 | 35 | 37 | -2 |
| 6 | The Shamrock | 8 | 4 | 0 | 4 | 12 | 33 | 23 | +10 |
| 7 | Stumak | 8 | 2 | 0 | 6 | 6 | 29 | 45 | -16 |
| 8 | Buurtbazen | 10 | 0 | 2 | 8 | 2 | 26 | 68 | -42 |

**Doelpuntenmakers A-League**

| Speler | Aantal |
|---|---|
| Dani v. Eijck (Stumak) | 16 |
| Lars Vallinga (Bouwvisie Friesland) | 13 |
| Valentijn v. Laar (Broodje nuchter) | 12 |
| Colin Baarda (Bouwvisie Friesland) | 10 |
| Cyrus Boerman (Broodje nuchter) | 10 |
| Niec Aalders (Ploeg Schilder) | 10 |
| Stijn Scheffer (Van Stee Offshore) | 10 |
| Soulaiman Snoussi (Stumak) | 9 |

**Stand B-League**

| | Team | WG | WI | GL | VL | PU | DV | DT | DS |
|---|---|---|---|---|---|---|---|---|---|
| 1 | Ped. Spa Harlingen | 10 | 6 | 2 | 2 | 20 | 36 | 20 | +16 |
| 2 | RCM Administraties | 9 | 6 | 1 | 2 | 19 | 44 | 28 | +16 |
| 3 | Mind of Visuals | 9 | 5 | 1 | 3 | 16 | 49 | 28 | +21 |
| 4 | PoPaLo | 10 | 4 | 1 | 5 | 13 | 40 | 43 | -3 |
| 5 | Oosterhof/Holman | 7 | 3 | 1 | 3 | 10 | 31 | 23 | +8 |
| 6 | De Tobbedanser | 3 | 1 | 0 | 2 | 3 | 9 | 12 | -3 |
| 7 | Damen Shiprepair | 8 | 0 | 0 | 8 | 0 | 10 | 65 | -55 |

**Doelpuntenmakers B-League**

| Speler | Aantal |
|---|---|
| Tobias ten Hoeve (Mind of Visuals) | 15 |
| Sander Zeilmaker (RCM Administraties) | 14 |
| Martijn Homminga (Ped. Spa Harlingen) | 11 |
| Brent de Groot (Oosterhof/Holman) | 8 |
| Norbi Helik (PoPaLo) | 8 |
| Pieter Wesseloo (PoPaLo) | 8 |
| Wessel Kroeger (RCM Administraties) | 8 |
| Brian Visser (PoPaLo) | 6 |

**Stand 35/45 plus**

| | Team | WG | WI | GL | VL | PU | DV | DT | DS |
|---|---|---|---|---|---|---|---|---|---|
| 1 | Friesland Dir. 35/45 | 4 | 4 | 0 | 0 | 12 | 38 | 7 | +31 |
| 2 | ZWF/Poelstra 35/45 | 5 | 2 | 0 | 3 | 6 | 11 | 20 | -9 |
| 3 | Oosterhof/H 35/45 | 3 | 1 | 0 | 2 | 3 | 5 | 10 | -5 |
| 4 | Mind of Visuals 35/45 | 4 | 1 | 0 | 3 | 3 | 11 | 28 | -17 |

**Doelpuntenmaker 35/45 plus**

| Speler | Aantal |
|---|---|
| Drewes Janssen (Friesland Dir. 35/45) | 9 |
| Albert Nieuwenburg (Friesland Dir. 35/45) | 5 |
| Johan Janssen (Friesland Dir. 35/45) | 5 |
| Matthieu Visser (Mind of Visuals 35/45) | 4 |
| Niels Vlottens (Friesland Dir. 35/45) | 4 |

Stand 2e periode B-League

| | Team | WG | WI | GL | VL | PU | DV | DT | DS |
|---|---|---|---|---|---|---|---|---|---|
| 1 | RCM Administraties | 4 | 4 | 0 | 0 | 12 | 19 | 6 | +13 |
| 2 | Ped. Spa Harlingen | 5 | 2 | 2 | 1 | 8 | 16 | 12 | +4 |
| 3 | Mind of Visuals | 4 | 2 | 1 | 1 | 7 | 16 | 12 | +4 |
| 4 | Oosterhof/Holman | 2 | 2 | 0 | 0 | 6 | 15 | 1 | +14 |
| 5 | De Tobbedanser | 3 | 1 | 0 | 2 | 3 | 11 | 12 | -1 |
| 6 | PoPaLo | 5 | 0 | 1 | 4 | 1 | 16 | 27 | -11 |
| 7 | Damen Shipyard | 3 | 0 | 0 | 3 | 0 | 0 | 23 | -23 |

Eindstand 1e periode B-League

| | Team | WG | WI | GL | VL | PU | DV | DT | DS |
|---|---|---|---|---|---|---|---|---|---|
| 1 | Ped. Spa Harlingen | 5 | 4 | 0 | 1 | 12 | 19 | 8 | +11 |
| 2 | PoPaLo | 5 | 4 | 0 | 1 | 12 | 24 | 18 | +6 |
| 3 | Mind of Visuals | 5 | 3 | 0 | 2 | 9 | 33 | 16 | +17 |
| 4 | RCM Administra. | 5 | 2 | 1 | 2 | 7 | 25 | 22 | +3 |
| 5 | Oosterhof/Holman | 5 | 1 | 1 | 3 | 4 | 16 | 21 | -5 |
| 6 | Damen Shiprepair | 5 | 0 | 0 | 5 | 0 | 10 | 42 | -32 |