

Week #1 - August 26-27, 2023			Week #6 - September 30-October 1, 2023		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Carlisle Herd	@	Northern Lebanon Vikings	Northern Polar Bears	@	Carlisle Herd
Northern Polar Bears	@	Steelton Li'l Rollers	Waynesboro Stallions	@	West Perry Mustangs
Lower Dauphin Falcons	@	Palmyra Cougars	Red Land Patriots	@	Swatara Tigers
West Perry Mustangs	@	Chambersburg Trojans	Chambersburg Trojans	@	Northern Lebanon Vikings
Red Land Patriots	@	Lebanon Raiders	Steelton Li'l Rollers	@	Palmyra Cougars
Waynesboro Stallions-BYE			Lower Dauphin Falcons-BYE		
Swatara Tigers-BYE			Lebanon Raiders-BYE		
Week #2 - September 2-3, 2023			Week #7 - October 7-8, 2023		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Waynesboro Stallions	@	Lower Dauphin Falcons	Waynesboro Stallions	@	Carlisle Herd
Palmyra Cougars	@	Swatara Tigers	Palmyra Cougars	@	Northern Polar Bears
Northern Lebanon Vikings	@	Red Land Patriots	Lebanon Raiders	@	Swatara Tigers
Steelton Li'l Rollers	@	West Perry Mustangs	Northern Lebanon Vikings	@	Steelton Li'l Rollers
Chambersburg Trojans	@	Lebanon Raiders	West Perry Mustangs	@	Lower Dauphin Falcons
Carlisle Herd-BYE			Red Land Patriots		
Northern Polar Bears-BYE			Chambersburg Trojans		
Week #3 - September 9-10, 2023			Week #8 - October 14-15, 2023		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Chambersburg Trojans	@	Carlisle Herd	Carlisle Herd	@	West Perry Mustangs
Lower Dauphin Falcons	@	Northern Polar Bears	Northern Polar Bears	@	Waynesboro Stallions
Lebanon Raiders	@	Waynesboro Stallions	Swatara Tigers	@	Northern Lebanon Vikings
Swatara Tigers	@	West Perry Mustangs	Palmyra Cougars	@	Red Land Patriots
Steelton Li'l Rollers	@	Red Land Patriots	Lower Dauphin Falcons	@	Chambersburg Trojans
Northern Lebanon Vikings-BYE			Steelton Li'l Rollers		
Palmyra Cougars-BYE			Lebanon Raiders		
Week #4 - September 16-17, 2023			Week #9 - October 21-22, 2023		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Carlisle Herd	@	Swatara Tigers	Red Land Patriots	@	Carlisle Herd
Northern Polar Bears	@	Chambersburg Trojans	West Perry Mustangs	@	Northern Polar Bears
Waynesboro Stallions	@	Palmyra Cougars	Chambersburg Trojans	@	Waynesboro Stallions
Lebanon Raiders	@	Northern Lebanon Vikings	Swatara Tigers	@	Steelton Li'l Rollers
Lower Dauphin Falcons	@	Steelton Li'l Rollers	Northern Lebanon Vikings	@	Palmyra Cougars
West Perry Mustangs-BYE			Lebanon Raiders		
Red Land Patriots-BYE			Lower Dauphin Falcons		
Week #5 - September 23-24, 2023			Week #10 - October 28-29, 2023		
Federal Conference - Away		Federal Conference - Home	1st Round Playoffs		
Carlisle Herd	@	Lower Dauphin Falcons			
Swatara Tigers	@	Northern Polar Bears			
Northern Lebanon Vikings	@	Waynesboro Stallions			
Palmyra Cougars	@	Lebanon Raiders			
West Perry Mustangs	@	Red Land Patriots			
Chambersburg Trojans-BYE			Week #11 - November 4-5, 2023		
Steelton Li'l Rollers-BYE			Semi-Final Playoffs		
			Week #12 - November 11-12, 2023		
			Super Bowl		
			Week #13 - November 18-19, 2023		
			All-Stars / Cribari Classics		