

Week #1 - August 27-28, 2022			Week #6 - October 1-2, 2022		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Red Land Patriots	@	Northern Polar Bears	Red Land Patriots	@	Steelton Li'l Rollers
Chambersburg Trojans	@	Middletown Blue Raiders	Middletown Blue Raiders	@	Swatara Tigers
Waynesboro Stallions	@	Steelton Li'l Rollers	Waynesboro Stallions	@	Lebanon Raiders
East Pennsboro Panthers	@	Lower Dauphin Falcons	Lower Dauphin Falcons	@	West Perry Mustangs
Northern Lebanon Vikings	@	Swatara Tigers	East Pennsboro Panthers	@	Chambersburg Trojans
Lebanon Raiders	@	West Perry Mustangs	Northern Lebanon Vikings	@	Northern Polar Bears
Week #2 - September 3-4, 2022			Week #7 - October 8-9, 2022		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Middletown Blue Raiders	@	Red Land Patriots	Swatara Tigers	@	Red Land Patriots
West Perry Mustangs	@	Waynesboro Stallions	Middletown Blue Raiders	@	East Pennsboro Panthers
Lower Dauphin Falcons	@	Lebanon Raiders	Waynesboro Stallions	@	Northern Lebanon Vikings
Swatara Tigers	@	Chambersburg Trojans	Steelton Li'l Rollers	@	Lower Dauphin Falcons
Steelton Li'l Rollers	@	Northern Polar Bears	Northern Polar Bears	@	Lebanon Raiders
East Pennsboro Panthers	@	Northern Lebanon Vikings	Chambersburg Trojans	@	West Perry Mustangs
Week #3 - September 10-11, 2022			Week #8 - October 15-16, 2022		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Red Land Patriots	@	West Perry Mustangs	Red Land Patriots	@	Waynesboro Stallions
Waynesboro Stallions	@	Middletown Blue Raiders	Lower Dauphin Falcons	@	Middletown Blue Raiders
Swatara Tigers	@	Lower Dauphin Falcons	Northern Polar Bears	@	Swatara Tigers
Chambersburg Trojans	@	Steelton Li'l Rollers	East Pennsboro Panthers	@	Steelton Li'l Rollers
Northern Lebanon Vikings	@	Lebanon Raiders	Lebanon Raiders	@	Chambersburg Trojans
Northern Polar Bears	@	East Pennsboro Panthers	West Perry Mustangs	@	Northern Lebanon Vikings
Week #4 - September 17-18, 2022			Week #9 - October 22-23, 2022		
Federal Conference - Away		Federal Conference - Home	Federal Conference - Away		Federal Conference - Home
Lebanon Raiders	@	Red Land Patriots	Chambersburg Trojans	@	Red Land Patriots
West Perry Mustangs	@	Middletown Blue Raiders	Middletown Blue Raiders	@	Lebanon Raiders
Lower Dauphin Falcons	@	Waynesboro Stallions	Waynesboro Stallions	@	Northern Polar Bears
East Pennsboro Panthers	@	Swatara Tigers	Northern Lebanon Vikings	@	Lower Dauphin Falcons
Steelton Li'l Rollers	@	Northern Lebanon Vikings	Steelton Li'l Rollers	@	Swatara Tigers
Chambersburg Trojans	@	Northern Polar Bears	West Perry Mustangs	@	East Pennsboro Panthers
Week #5 - September 24-25, 2022			Week #10 - October 29-30, 2022		
Federal Conference - Away		Federal Conference - Home	1st Round Playoffs		
Red Land Patriots	@	Lower Dauphin Falcons			
Middletown Blue Raiders	@	Steelton Li'l Rollers	Week #11 - November 5-November 6, 2022		
Swatara Tigers	@	Waynesboro Stallions	Semi-Final Playoffs		
Lebanon Raiders	@	East Pennsboro Panthers			
Northern Polar Bears	@	West Perry Mustangs	Week #12 - November 12-13, 2022		
Northern Lebanon Vikings	@	Chambersburg Trojans	Super Bowl		
			Week #13 - November 19-20, 2022		
			All-Stars / Cribari Classics		