

Week #1 - August 27-28, 2022		Week #6 - October 1-2, 2022	
National Conference - Away	National Conference - Home	National Conference - Away	National Conference - Home
Mechanicsburg Wildcats	@ Central Penn Crusaders	Central Penn Crusaders	@ New Cumberland Colts
Carlisle Herd	@ York Bears	Carlisle Herd	@ Harrisburg Cougars
Cumberland Valley Eagles	@ Central Dauphin Rams	York Bears	@ Susquehanna Tribe
Susquehanna Tribe	@ New Cumberland Colts	Cumberland Valley Eagles	@ Mechanicsburg Wildcats
State College Lions	@ Harrisburg Cougars	Central Dauphin Rams	@ State College Lions
Week #2 - September 3-4, 2022		Week #7 - October 8-9, 2022	
National Conference - Away	National Conference - Home	National Conference - Away	National Conference - Home
Central Penn Crusaders	@ Susquehanna Tribe	Harrisburg Cougars	@ Central Penn Crusaders
Carlisle Herd	@ State College Lions	Central Dauphin Rams	@ Carlisle Herd
Central Dauphin Rams	@ York Bears	York Bears	@ Mechanicsburg Wildcats
New Cumberland Colts	@ Mechanicsburg Wildcats	State College Lions	@ Susquehanna Tribe
Harrisburg Cougars	@ Cumberland Valley Eagles	New Cumberland Colts	@ Cumberland Valley Eagles
Week #3 - September 10-11, 2022		Week #8 - October 15-16, 2022	
National Conference - Away	National Conference - Home	National Conference - Away	National Conference - Home
York Bears	@ Central Penn Crusaders	Cumberland Valley Eagles	@ Central Penn Crusaders
New Cumberland Colts	@ Carlisle Herd	Susquehanna Tribe	@ Carlisle Herd
Mechanicsburg Wildcats	@ Central Dauphin Rams	New Cumberland Colts	@ Central Dauphin Rams
Harrisburg Cougars	@ Susquehanna Tribe	Harrisburg Cougars	@ York Bears
Cumberland Valley Eagles	@ State College Lions	State College Lions	@ Mechanicsburg Wildcats
Week #4 - September 17-18, 2022		Week #9 - October 22-23, 2022	
National Conference - Away	National Conference - Home	National Conference - Away	National Conference - Home
Carlisle Herd	@ Central Penn Crusaders	Central Penn Crusaders	@ State College Lions
Central Dauphin Rams	@ Harrisburg Cougars	Carlisle Herd	@ Cumberland Valley Eagles
Cumberland Valley Eagles	@ York Bears	Central Dauphin Rams	@ Susquehanna Tribe
Susquehanna Tribe	@ Mechanicsburg Wildcats	York Bears	@ New Cumberland Colts
State College Lions	@ New Cumberland Colts	Mechanicsburg Wildcats	@ Harrisburg Cougars
Week #5 - September 24-25, 2022		Week #10 - October 29-30, 2022	
National Conference - Away	National Conference - Home	1st Round Playoffs	
Central Penn Crusaders	@ Central Dauphin Rams		
Mechanicsburg Wildcats	@ Carlisle Herd	Week #11 - November 5-November 6, 2022	
State College Lions	@ York Bears	Semi-Final Playoffs	
Susquehanna Tribe	@ Cumberland Valley Eagles		
New Cumberland Colts	@ Harrisburg Cougars	Week #12 - November 12-13, 2022	
		Super Bowl	
		Week #13 - November 19-20, 2022	
		All-Stars / Cribari Classics	