

| Dates | Week | Away | Home | Division | Time | Location |
|-----------|------|-------------------------------|---|----------|----------|---|
| 9/24/2022 | 5 | Fairmont Heights Gators | All Met Cowboys | 6u | 9:00 AM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | DMV Saints (MD) | Fairmont Heights Gators | 7u | 10:30 AM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Laurel Stallions Black | Showcase Sharks | 8u | 12:00 PM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Laurel Stallions | Metro Bengals | 10u | 1:30 PM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Metro Bengals | Landover Seminoles (HC) | 8u | 3:00 PM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Watkins Hornets (DMVAC) | Landover Seminoles (HC) | 10u | 4:30 PM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Fairmont Heights Gators | Landover Seminoles (HC) | 11u | 6:00 PM | 3900 Warner Ave, Landover Hills, MD |
| 9/24/2022 | 5 | Laurel Stallions Blue | Marshall Heights Bison | 8u | 8:00 AM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Laurel Stallions | Marshall Heights Bison | 11u | 9:30 AM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Laurel Stallions | Marshall Heights Bison | 6u | 11:00 AM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Laurel Stallions | Marshall Heights Bison | 7u | 12:30 PM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Laurel Stallions | Marshall Heights Bison | 9u | 2:00 PM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Beacon House Falcons D2 | (Flex for possible HC) Marshall Heights Bison | 10u | 3:30 PM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Metro Bengals | Marshall Heights Bison | 12u | 5:00 PM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Laurel Stallions | Marshall Heights Bison | 13u | 6:30 PM | HD Woodson High School, 540 55th Street NE, Washington DC 20019 |
| 9/24/2022 | 5 | Bowie Bulldogs | Beacon House Falcons | 6u | | |
| 9/24/2022 | 5 | Showcase Sharks | Beacon House Falcons | 7u | | |
| 9/24/2022 | 5 | Showcase Sharks | Beacon House Falcons | 9u | | |
| 9/24/2022 | 5 | Showcase Sharks | Beacon House Falcons D1 | 10u | | |
| 9/24/2022 | 5 | Commonwealth Warriors (Vayfa) | Beacon House Falcons | 11u | | |
| 9/24/2022 | 5 | Aim High (Vayfa) | Beacon House Falcons | 12u | | |
| 9/24/2022 | 5 | DMV Knights | Beacon House Falcons | 13u | | |
| 9/24/2022 | 5 | Fairmont Heights Gators | Stafford Knights (Vayfa) | 13u | 3:00 PM | Locust Grove Middle School, 6368 Flat Run Road, Locust Grove, Va 22508 |
| 9/24/2022 | 5 | Fairmont Heights Gators | DMV Prime (DMVAC) | 9u | | |
| 9/24/2022 | 5 | Marshall Heights Bison | Northwood Rams (Bmore) | 14u | | Mervo High School |
| 9/25/2022 | 5 | DMV Saints | Spotsylvania Cougars | 12u | 4:00 PM | (Sunday) (Sunday) Riverbend High School, 12301 SR-620, Fredericksburg, Va 22407 |