

Potential article:

The 2022 NFL season was the 103rd season of the National Football League (NFL). The season began on September 8, 2022, with the defending Super Bowl LVI champion Los Angeles Rams falling to Buffalo in the NFL Kickoff Game, and ended on January 8, 2023. The playoffs started on January 14 and concluded with Super Bowl LVII, the league's championship game, at State Farm Stadium in Glendale, Arizona on February 12, with Kansas City defeating Philadelphia.

The former Washington Redskins, after two seasons of using the placeholder name Washington Football Team, were renamed the Washington Commanders prior to the start of the season.[2]

The week 17 game between Buffalo and Cincinnati was canceled after Buffalo safety Damar Hamlin suffered a nonfatal cardiac arrest on the field of play. It was the first regular season game to be canceled and not rescheduled since the 1987 NFLPA players' strike.[3]

Among the officiating changes in 2022, referee Tony Corrente retired after 27 seasons in the NFL. Umpire Tra Blake was promoted to replace Corrente. Blake had been a referee in the Alliance of American Football in 2019 and in the 2020 version of the XFL before joining the NFL later in 2020.

Side Judge Lo van Pham was hired from the Big 12 Conference, becoming the league's first Asian-American NFL official.

Down Judge Robin DeLorenzo became the third female NFL official, joining Sarah Thomas and Maia Chaka.

The NFL Diversity, Equity, and Inclusion Committee announced the following policy changes on March 28:

All teams are required to have a woman or minority offensive assistant on staff for the 2022 season.

The Rooney Rule has been expanded to include women, regardless of their racial or ethnic background.

The following rule changes were approved at the NFL Owner's Meeting on March 28:[106]

- In the postseason only, both teams are assured of one possession in overtime, even if the first team with possession scores a touchdown. This change was made in response to several recent playoff games in which the first team to possess the ball in overtime scored a touchdown and the other team did not have a chance to respond.
- Made permanent a 2021 experimental rule change to limit the receiving team on kickoffs to no more than nine players in the "set-up zone" (the area between 10 and 25 yards from the kickoff spot).
- The following changes to roster management were made on May 25
- Players on injured reserve (IR) are eligible to return to the roster after missing four games. This is up from the temporary three-game requirement in place during 2020 and 2021 to account for the impact of COVID-19 on rosters, but down from the eight games required prior to 2020.
- Teams can allow up to eight players to return from IR to the active roster per season. This limit was previously two players prior to 2020, but the limit was temporarily removed for 2020 and 2021. A player may return from injured reserve multiple times in a single season, but each return counts against the team's allotment of eight.
- Practice squads will remain at 16 players. The temporary increase from 12 to 16 players originally introduced in 2020 was made permanent.
- Teams may continue to elevate up to two players from the practice squad to the game-day roster for each game. A practice squad player may be elevated up to three times per season before the team is required to sign him to the active roster (up from the previous limit of two games).

The following change to the concussion protocol was made on October 8, following Tua Tagovailoa's injury in week 3 added the diagnosis of ataxia to the mandatory "no-go" symptoms that determine whether or not a player re-enters a game.

The following enhancement and updates to diversity, equity and inclusion efforts was

announced at the NFL Fall League Meeting on October 18 Key decision makers in a head coach or general manager search, including owners, are required to participate in inclusive hiring training prior to the head coach or general manager search.