




2026 DALLAS COWBOYS

REGULAR SEASON SCHEDULE

AT&T Stadium • Arlington, TX • All times Eastern

WK	DATE	LOC	OPPONENT	TIME (ET)	TV / STREAM
1	Sun, Sept 13	@	 New York Giants	8:20 PM	TBA
2	Sun, Sept 20	vs	 Washington Commanders	4:25 PM	TBA
3	Sun, Sept 27	vs	 Baltimore Ravens	4:25 PM	TBA
4	Sun, Oct 4	@	 Houston Texans	1:00 PM	TBA
5	Thu, Oct 8	vs	 Tampa Bay Buccaneers	8:15 PM	TBA
6	Sun, Oct 18	@	 Green Bay Packers	8:20 PM	TBA
7	Mon, Oct 26	@	 Philadelphia Eagles	8:15 PM	TBA
8	Sun, Nov 1	vs	 Arizona Cardinals	1:00 PM	TBA
9	Sun, Nov 8	@	 Indianapolis Colts	1:00 PM	TBA
10	Sun, Nov 15	vs	 San Francisco 49ers	4:25 PM	TBA
11	Sun, Nov 22	vs	 Tennessee Titans	1:00 PM	TBA
12	Thu, Nov 26	vs	 Philadelphia Eagles	4:30 PM	TBA
13	Mon, Dec 7	@	 Seattle Seahawks	8:15 PM	TBA
14	—		BYE	—	—
15	Sun, Dec 20	@	 Los Angeles Rams	4:25 PM	TBA
16	Sun, Dec 27	vs	 Jacksonville Jaguars	8:20 PM	TBA
17	Sun, Jan 3	vs	 New York Giants	1:00 PM	TBA
18	TBD	@	 Washington Commanders	TBA	TBA