



2026 DALLAS COWBOYS REGULAR SEASON SCHEDULE

AT&T Stadium - Arlington, TX

WK	DATE	OPPONENT	LOCATION	TIME (ET)	TV
1	Sun, 9/13	N.Y. Giants	@	8:20 PM	NBC
2	Sun, 9/20	Washington	vs.	4:25 PM	FOX
3	Sun, 9/27	Baltimore	vs.	4:25 PM	CBS
4	Sun, 10/4	Houston	@	1:00 PM	FOX
5	Thu, 10/8	Tampa Bay	vs.	8:15 PM	Prime Video
6	Sun, 10/18	Green Bay	@	8:20 PM	NBC
7	Mon, 10/26	Philadelphia	@	8:15 PM	ESPN,ABC
8	Sun, 11/1	Arizona	vs.	1:00 PM	FOX
9	Sun, 11/8	Indianapolis	@	1:00 PM	FOX
10	Sun, 11/15	San Francisco	vs.	4:25 PM	FOX
11	Sun, 11/22	Tennessee	vs.	1:00 PM	FOX
12	Thu, 11/26	Philadelphia	vs.	4:30 PM	FOX
13	Mon, 12/7	Seattle	@	8:15 PM	ESPN,ABC
14	BYE	BYE WEEK			
15	Sun, 12/20	L.A. Rams	@	4:25 PM	CBS
16	Sun, 12/27	Jacksonville	vs.	8:20 PM	NBC
17	Sun, 1/3	N.Y. Giants	vs.	1:00 PM	FOX
18	TBD	Washington	@	TBD	TBD

All times Eastern. Schedule subject to flex scheduling and broadcast network changes.