



# 2026 NEW YORK GIANTS

## REGULAR SEASON SCHEDULE

MetLife Stadium - East Rutherford, NJ

WK	DATE	OPPONENT	LOCATION	TIME (ET)	TV
1	Sun, 9/13	Dallas	vs.	8:20 PM	NBC
2	Mon, 9/21	L.A. Rams	@	8:15 PM	ESPN,ABC
3	Sun, 9/27	Tennessee	vs.	1:00 PM	CBS
4	Sun, 10/4	Arizona	vs.	1:00 PM	CBS
5	Sun, 10/11	Washington	@	1:00 PM	FOX
6	Sun, 10/18	New Orleans	vs.	1:00 PM	FOX
7	Sun, 10/25	Houston	@	1:00 PM	FOX
8	BYE	BYE WEEK			
9	Sun, 11/8	Philadelphia	@	1:00 PM	FOX
10	Thu, 11/12	Washington	vs.	8:15 PM	Prime Video
11	Sun, 11/22	Jacksonville	vs.	1:00 PM	CBS
12	Sun, 11/29	Indianapolis	@	1:00 PM	FOX
13	Sun, 12/6	San Francisco	vs.	1:00 PM	FOX
14	Sun, 12/13	Seattle	@	4:25 PM	FOX
15	Sun, 12/20	Cleveland	vs.	1:00 PM	CBS
16	Mon, 12/28	Detroit	@	8:15 PM	ESPN
17	Sun, 1/3	Dallas	@	1:00 PM	FOX
18	TBD	Philadelphia	vs.	TBD	TBD

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