

LOS ANGELES RAMS 2026 SEASON PREVIEW

One-page printable cheat sheet · All times Pacific · Track your season in the W/L column

SPORTS WIRE NETWORK

HEAD COACH Sean McVay	2025 RECORD 12–5 · 2nd NFC West	2025 PLAYOFFS Lost NFC Title Game	BYE WEEK Week 11	HOME OPENER Mon Sept 21 vs NYG
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2026 SCHEDULE & RESULTS TRACKER

WK	DATE	OPPONENT	TIME (PT)	RESULT
1	Thu Sept 10	vs San Francisco 49ers	5:35 · Intl	_____
2	Mon Sept 21	vs New York Giants	5:15 · MNF	_____
3	Sun Sept 27	at Denver Broncos	5:20 · SNF	_____
4	Sun Oct 4	at Philadelphia Eagles	10:00 · FOX	_____
5	Mon Oct 12	vs Buffalo Bills	5:15 · MNF	_____
6	Sun Oct 18	vs Arizona Cardinals	1:05 · FOX	_____
7	Sun Oct 25	at Las Vegas Raiders	1:25 · FOX	_____
8	Sun Nov 1	vs Los Angeles Chargers	1:05 · FOX	_____
9	Sun Nov 8	at Washington Commanders	10:00 · FOX	_____
10	Sun Nov 15	at Arizona Cardinals	1:05 · CBS	_____
11	—	BYE WEEK	—	_____
12	Wed Nov 25	vs Green Bay Packers	5:00 · Netflix	_____
13	Thu Dec 3	vs Kansas City Chiefs	5:15 · TNF	_____
14	Sun Dec 13	at San Francisco 49ers	1:25 · FOX	_____
15	Sun Dec 20	vs Dallas Cowboys	1:25 · CBS	_____
16	Fri Dec 25	at Seattle Seahawks	5:15 · FOX	_____
17	Sun Jan 3	at Tampa Bay Buccaneers	TBD*	_____
18	Sun Jan 10	vs Seattle Seahawks	TBD*	_____

Home games in bold. *Dates/times set by NFL flex scheduling.
Preseason: at Chiefs · vs Saints · at Chargers

KEY OFFSEASON ADDITIONS

- EDGE Myles Garrett — from Cleveland — 2025 DPOY
- CB Trent McDuffie — KC — 1st, 5th, 6th, '27 3rd

NOTABLE DEPARTURES

- RT Rob Havenstein — retired
- EDGE Jared Verse — to Cleveland in the Garrett deal

ROOKIES TO WATCH

- QB Ty Simpson (Alabama, Rd 1)
- TE Max Klare (Ohio State, Rd 2)
- OT Keagen Trost (Missouri, Rd 3)

THE RETURNING CORE

- QB Matthew Stafford — 2025 NFL MVP
- WR Puka Nacua — All-Pro · led NFL, 129 rec
- WR Davante Adams
- LB Byron Young
- LB Nate Landman

THE OUTLOOK

Back from 12–5 and a playoff berth as 2nd in the NFC West.
Week 1 is played abroad in Melbourne.
7 primetime dates (Weeks 1, 2, 3, 5, 12, 13, 16).
Bye falls in Week 11.

2026 NFL MILESTONES

- Nov 10 — Trade deadline
- Jan 10 — Regular season ends (Week 18)
- Jan 16–18 — Wild Card Weekend
- Feb 14 — Super Bowl LVI, SoFi Stadium

Scores, injuries & tonight's game — updated daily: lasportswire.com/rams

Never miss a kickoff — free weekly email: lasportswire.com/rams-printable-schedule

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