

CUSTOM 2025 MODEL

PA bands: 0=10, 1-6=7, 7-13=4, 14-20=1, 21-27=0, 28-34=-1, 35+=-4 per game
+ 1/sack | 2/takeaway | 1/fourth-down stop | 6/defensive or return TD | 2/safety

CHECK YOUR LEAGUE SETTINGS - D/ST SCORING VARIES

RANKS 1-16

Historical totals cover the 2025 regular season

2026	D/ST	BYE	PA/G	SACK	TAKE	4D	TD	2025 PTS	2025 RK	NFL DEF	2026 FANTASY OUTLOOK
1	Houston Texans	8	17.4	56	33	13	6	200	#2	#2	Elite front and secondary return; roster model ranks the defense No. 2.
2	Denver Broncos	10	18.3	76	19	13	2	170	#4	#9	A deep, largely intact unit supports a strong floor despite a demanding schedule.
3	Los Angeles Rams	11	20.4	52	29	25	1	162	#6	#1	Myles Garrett joins the league's top projected defensive roster.
4	Seattle Seahawks	11	17.2	56	31	26	8	223	#1	#6	The 2025 scoring-defense leader remains strong, though depth changed in free agency.
5	Philadelphia Eagles	10	19.1	43	22	18	1	136	#9	#5	Top-five projected unit; monitor Jonathan Greenard's pectoral recovery.
6	New England Patriots	11	18.8	48	27	24	6	186	#3	#7	Strong core, but several Super Bowl contributors departed in the offseason.
7	Pittsburgh Steelers	9	22.8	51	29	10	3	146	#7	#3	Projected No. 3 defense supplies weekly sack and takeaway upside.
8	Minnesota Vikings	6	19.6	49	20	8	2	135	#10	#21	Brian Flores remains the scheme advantage; roster projection is more modest.
9	Jacksonville Jaguars	7	19.8	33	32	20	4	163	#5	#22	Turnover-friendly 2025 unit, but the roster model projects a mid-to-low tier defense.
10	Los Angeles Chargers	7	20.0	50	24	12	0	127	#13	#16	Solid 2025 scoring profile; projected near the middle of the league for 2026.
11	Baltimore Ravens	13	23.4	30	20	18	2	108	#18	#4	Jesse Minter takes over and Trey Hendrickson adds premium edge pressure.
12	Kansas City Chiefs	5	19.3	35	14	17	0	103	#20	#13	Secondary is being rebuilt around rookie Mansoor Delane and L'Jarius Sneed.
13	Green Bay Packers	11	21.2	37	15	20	0	102	#21	#14	Rashan Gary was traded; key defenders return from significant injuries.
14	Buffalo Bills	7	21.5	37	23	10	3	125	#14	#27	Fantasy rank leans on game script and takeaways; roster model flags defensive risk.
15	Detroit Lions	6	24.3	49	19	11	1	107	#19	#8	Healthy personnel could rebound; the roster model projects a top-eight unit.
16	Cleveland Browns	11	22.3	53	17	11	4	138	#8	#11	Myles Garrett's departure lowers the sack ceiling despite a respectable core.

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CHECK YOUR LEAGUE SETTINGS - D/ST SCORING VARIES

RANKS 17-32

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2026	D/ST	BYE	PA/G	SACK	TAKE	4D	TD	2025 PTS	2025 RK	NFL DEF	2026 FANTASY OUTLOOK
17	New Orleans Saints	8	22.5	45	20	16	3	129	#12	#17	Bryan Bresee is out for the season; Cam Jordan is managing a hamstring injury.
18	Indianapolis Colts	13	24.2	39	21	13	1	102	#22	#24	Useful 2025 event production, but the 2026 roster projection remains below average.
19	San Francisco 49ers	8	21.8	23	15	12	1	83	#25	#19	Talented core remains, though the current roster model projects only 19th.
20	Atlanta Falcons	11	23.6	57	21	13	1	124	#15	#26	Jalon Walker is out for the season, reducing an already uncertain pass rush.
21	Chicago Bears	10	24.4	40	33	12	2	129	#11	#20	Early injuries in the secondary raise volatility for an otherwise ascending team.
22	Dallas Cowboys	14	30.1	35	11	8	1	52	#31	#15	Added Rashan Gary, Jalen Thompson, Cobie Durant and rookie Caleb Downs.
23	New York Giants	8	25.8	39	15	6	2	82	#27	#18	John Harbaugh arrives; a strong edge group gives this unit sack-driven upside.
24	Tampa Bay Buccaneers	10	24.2	37	22	16	2	112	#16	#12	Lavonte David departed and Vita Vea requested a trade; monitor the front seven.
25	Carolina Panthers	5	22.4	31	21	9	2	111	#17	#23	Nic Scourton is out for the year, weakening the pressure outlook.
26	Cincinnati Bengals	6	28.9	35	20	9	2	77	#28	#25	Heavy defensive investment creates rebound potential after a difficult 2025.
27	Tennessee Titans	9	28.1	42	11	4	3	74	#30	#29	Robert Saleh is installing a more aggressive identity, but talent questions remain.
28	Washington Commanders	7	26.5	42	10	12	2	84	#24	#30	Veteran reinforcements target a unit that finished last in yards allowed.
29	Miami Dolphins	6	24.9	39	19	8	1	94	#23	#32	The offseason teardown removed several contributors; roster model ranks this unit last.
30	Las Vegas Raiders	13	25.4	37	16	8	0	82	#26	#28	Rebuilt linebacker group features Nakobe Dean and Quay Walker; cohesion is a risk.
31	New York Jets	13	29.6	26	3	6	3	42	#32	#10	Recognizable talent remains, but injuries and four total 2025 takeaways are red flags.
32	Arizona Cardinals	14	28.7	30	18	13	2	75	#29	#31	Low-end roster projection keeps this unit in matchup-only territory.