

2026 NFL Projected Fantasy Defense Rankings

MFT Fantasy Defense Rating

40% projected points allowed | 20% sacks | 20% takeaways | 10% defensive/special-teams TDs | 10% fourth-down stops
Each component is indexed to the league best; the weighted total is then normalized so the No. 1 defense = 100.0.

No. 1 baseline: Houston Texans = 100.0

4D stop rate uses 2025 results as a carryover modifier.

RK	TEAM	PA/G	SCK	TO	TD	4D%	MFT
1	Houston Texans	17.6	49	24	3	52%	100.0
2	Denver Broncos	17.5	57	20	3	48%	99.4
3	Seattle Seahawks	18.6	49	21	4	49%	97.3
4	Pittsburgh Steelers	20.1	49	26	2	26%	89.7
5	Minnesota Vikings	21.5	48	24	3	33%	88.9
6	Los Angeles Chargers	21.9	50	23	2	48%	87.6
7	Philadelphia Eagles	20.2	43	23	1	62%	87.2
8	Los Angeles Rams	21.6	46	21	3	45%	87.0
9	Buffalo Bills	23.0	45	23	3	47%	86.6
10	Detroit Lions	20.6	48	22	2	34%	86.0
11	Jacksonville Jaguars	22.5	36	23	2	65%	83.6
12	Chicago Bears	24.2	39	23	3	52%	83.2
13	New England Patriots	21.9	38	20	2	67%	83.0
14	Kansas City Chiefs	20.1	40	19	0	74%	81.8
15	Baltimore Ravens	20.7	42	21	1	44%	81.3
16	Cleveland Browns	23.7	46	20	1	61%	79.9

RK	TEAM	PA/G	SCK	TO	TD	4D%	MFT
17	New Orleans Saints	23.3	45	21	1	47%	78.8
18	Tampa Bay Buccaneers	22.9	42	20	1	53%	78.2
19	Green Bay Packers	21.5	39	20	1	44%	78.1
20	Atlanta Falcons	23.7	49	20	1	41%	78.0
21	Cincinnati Bengals	25.5	42	22	2	33%	76.4
22	Indianapolis Colts	24.2	41	20	1	46%	75.0
23	Carolina Panthers	22.6	40	18	1	36%	73.7
24	Washington Commanders	24.1	46	17	1	38%	73.3
25	Dallas Cowboys	24.8	39	18	2	38%	73.3
26	Tennessee Titans	26.4	46	18	2	25%	72.2
27	New York Giants	25.1	39	19	2	27%	72.1
28	San Francisco 49ers	24.1	34	19	1	45%	71.4
29	Las Vegas Raiders	25.6	40	16	2	38%	71.0
30	New York Jets	24.5	35	17	1	27%	66.9
31	Arizona Cardinals	29.3	36	21	0	52%	66.4
32	Miami Dolphins	25.8	40	19	0	29%	66.3

Fantasy interpretation:

Higher ratings favor defenses that suppress scoring while also creating repeatable fantasy events: sacks, takeaways, fourth-down stops and D/ST touchdowns.
TO = projected interceptions + fumble recoveries. TD = projected defensive + special-teams touchdowns. 4D% = 2025 opponent fourth-down stop percentage.
Sources: LineupExperts 2026 preseason D/ST projections (accessed Aug. 27, 2026); Athlon/Yahoo D/ST projected TD stats (Jun. 9, 2026); NFL.com 2025 defense downs.