



## 2025-26 FDH NFL End of Regular Season Breakdown

Our rankings are a mashup of the following measures: our FDH power rankings, SRS, margin of victory, strength of schedule, offensive SRS, offensive yards per play, offensive 3rd down %, defensive SRS, defensive yards per play and defensive 3rd down %. Credit to <https://www.pro-football-reference.com/> for statistics.

| 1ST TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
|-----------------|-----|-----|-----|-----|------|------|-----|------|------|-----|-------|
| 1 Seattle       | 1   | 1   | 1   | 7   | 2    | 4    | 16  | 2    | 2    | 1   | 37    |
| 2 LA Rams       | 2   | 2   | 2   | 3   | 1    | 1    | 17  | 5    | 12   | 7   | 52    |
| 2ND TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
| 3 Houston       | 8   | 4   | 6   | 4   | 12   | 23   | 23  | 1    | 4    | 6   | 91    |
| 4 San Francisco | 4   | 5   | 9   | 5   | 8    | 11   | 1   | 9    | 22   | 19  | 93    |
| 5 Jacksonville  | 3   | 3   | 4   | 10  | 4    | 18   | 19  | 8    | 8    | 20  | 97    |
| 6 Denver        | 5   | 10  | 7   | 28  | 15   | 15   | 10  | 7    | 1    | 2   | 100   |
| 7 New England   | 10  | 6   | 3   | 32  | 8    | 2    | 6   | 10   | 12   | 12  | 101   |
| 3RD TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
| 8 Buffalo       | 9   | 8   | 5   | 31  | 6    | 4    | 4   | 17   | 12   | 24  | 120   |
| 9 Detroit       | 13  | 9   | 8   | 15  | 5    | 3    | 20  | 21   | 18   | 9   | 121   |
| 10 Green Bay    | 11  | 14  | 13  | 24  | 18   | 10   | 2   | 12   | 8    | 14  | 126   |
| 11 LA Chargers  | 12  | 15  | 14  | 24  | 19   | 18   | 3   | 10   | 8    | 5   | 128   |
| 12 Indianapolis | 25  | 7   | 10  | 6   | 3    | 7    | 8   | 20   | 16   | 26  | 128   |
| 4TH TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
| 13 Philadelphia | 7   | 11  | 10  | 20  | 21   | 18   | 24  | 3    | 7    | 21  | 142   |
| 14 Baltimore    | 17  | 13  | 15  | 20  | 11   | 7    | 13  | 18   | 19   | 11  | 144   |
| 5TH TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
| 15 Minnesota    | 20  | 16  | 17  | 13  | 25   | 28   | 32  | 4    | 3    | 4   | 162   |
| 16 Chicago      | 6   | 17  | 15  | 26  | 10   | 9    | 7   | 23   | 29   | 22  | 164   |
| 17 Tampa Bay    | 15  | 19  | 19  | 8   | 14   | 23   | 10  | 21   | 25   | 15  | 169   |
| 18 Kansas City  | 24  | 12  | 12  | 15  | 22   | 23   | 22  | 6    | 12   | 29  | 177   |
| 19 Pittsburgh   | 16  | 18  | 17  | 22  | 16   | 15   | 15  | 16   | 19   | 25  | 179   |
| 20 New Orleans  | 21  | 25  | 24  | 19  | 29   | 26   | 18  | 14   | 4    | 3   | 183   |
| 21 Atlanta      | 19  | 20  | 21  | 13  | 23   | 13   | 30  | 18   | 16   | 17  | 190   |
| 6TH TIER        | FDH | SRS | MOV | SoS | OSRS | OY/P | 3DO | DSRS | DY/P | 3DD | Total |
| 22 NY Giants    | 27  | 21  | 22  | 18  | 17   | 18   | 14  | 26   | 26   | 13  | 202   |
| 23 Arizona      | 28  | 24  | 29  | 1   | 19   | 18   | 9   | 27   | 22   | 27  | 204   |
| 24 Dallas       | 18  | 23  | 20  | 28  | 7    | 4    | 12  | 32   | 31   | 32  | 207   |
| 25 Carolina     | 14  | 21  | 23  | 11  | 28   | 26   | 25  | 13   | 19   | 31  | 211   |
| 26 Cincinnati   | 23  | 26  | 26  | 22  | 13   | 15   | 5   | 30   | 32   | 28  | 220   |
| 27T Washington  | 26  | 27  | 27  | 15  | 24   | 11   | 21  | 28   | 29   | 23  | 231   |
| 27T Cleveland   | 30  | 29  | 28  | 27  | 31   | 32   | 29  | 14   | 4    | 7   | 231   |
| 29 Miami        | 22  | 28  | 24  | 28  | 26   | 13   | 26  | 25   | 26   | 17  | 235   |
| 30 Tennessee    | 29  | 30  | 31  | 1   | 27   | 29   | 31  | 29   | 26   | 16  | 249   |
| 31 Las Vegas    | 32  | 31  | 30  | 9   | 32   | 31   | 28  | 24   | 8    | 30  | 255   |
| 32 NY Jets      | 31  | 32  | 32  | 23  | 30   | 29   | 26  | 31   | 22   | 10  | 266   |

### Playoff Predictions

#### Wild Card Round

2 NE over 7 LAC  
3 JAX over 6 BUF  
5 HOU over 4 PIT  
7 GB over 2 CHI  
3 PHI over 6 SF  
5 LAR over 4 CAR

#### Divisional Round

5 HOU over 1 DEN  
3 JAX over 2 NE  
1 SEA over 7 GB  
5 LAR over 3 PHI

#### Championship Sunday

5 HOU over 3 JAX  
5 LAR over 1 SEA

#### Super Bowl 60

LAR over HOU

### Biggest Rises Since

#### Stretch Run Breakdown

Jacksonville and  
Minnesota (6 spots),  
NY Giants (4 spots)

### Biggest Falls Since

#### Stretch Run Breakdown

Indianapolis (7 spots),  
Arizona (6 spots), Kansas  
City and Miami (5 spots),  
Dallas (4 spots), Green  
Bay (3 spots)

