



Iran War Update: September 29–30, 2026

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President Donald Trump and Iranian President Masoud Pezeshkian signed a now-expired Memorandum of Understanding (MOU) on June 17, outlining terms to end the war and reopen the Strait of Hormuz over a 60-day period of further negotiations. However, on July 8, President Trump [declared](#) the MOU to be “over,” and both sides have resumed exchanging fire. JINSA continues to release regular updates about the conflict. The update below includes information since [JINSA's last update](#) as of September 30 at 10:15 am ET.

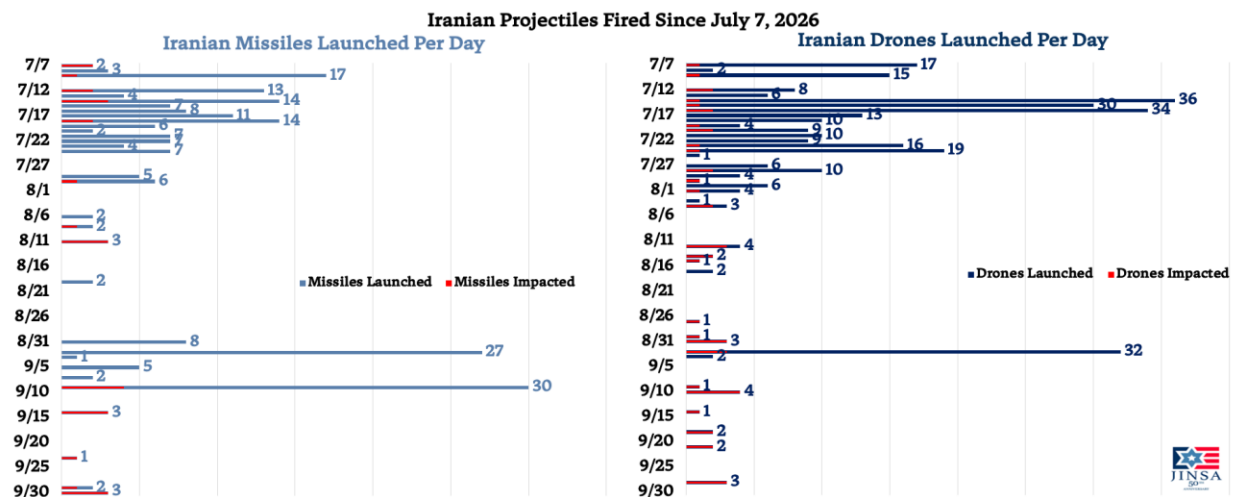
Iranian missiles and drones launched since July 7: **At least 563** (4 on September 29–30)

Brent Crude Oil Price: **[\\$102.99 a barrel](#)** as of **9:00 am ET** ([day range](#): \$101.92–104.00)

1. Overview

- On September 29-30, Iran [escalated](#) its [attacks](#) against shipping in the Strait of Hormuz by hitting four ships.
- On September 30, a [FlyDubai](#) flight from Dubai to Tel Aviv with 180 passengers, including dozens of Israelis, issued a midflight distress code and dropped thousands of feet in seconds, reportedly after one of the pilots [attacked](#) the other. Israeli officials are treating it like a [terrorist attack](#), although the motivations for the incident remain unclear.
 - » Israeli aircraft scrambled to intercept the aircraft, and the plane was rerouted to Tabuk airport in Saudi Arabia.
 - » A second pair of off-duty pilots reportedly intervened to subdue the attacker and save the aircraft.
 - » Iran's *Fars News Agency* [reported](#) on September 30 that Iranian security agencies obtained intelligence pointing to an Israeli plan to execute a “mass casualty incident” to attribute to Iran, though it did not connect this intelligence to the Fly Dubai incident.
- On September 30, the Norway-based Iran Human Rights (IHR) and U.S.-based Center for Human Rights in Iran (CHRI) [released](#) audio recorded by an Iranian woman sentenced to death by the regime for alleged protest activity.
 - » The woman, Mahbouhbeh Shahbani, stated in the secret recording, “I call on everyone -- the public, the UN, human rights organisations ... to do something. I beg everyone.”
- On September 29, President Donald Trump [indicated](#) that he does not know if Iran will “give up yet” in the war but claimed the regime is doing “very poorly.”

- On September 29, Prime Minister Benjamin Netanyahu [released](#) a video claiming that “we have indications that, ahead of the elections, our enemies will try to attack us... I am sending you a message: Don’t mess with us—not now, and not ever. Our long arm will reach you anywhere and at any time.”
 - » After receiving a briefing on the threats, Israeli Opposition Leader Yair Lapid [downplayed](#) Netanyahu’s claim as pre-election campaigning.
- On September 28, Israel’s Channel 12 reported that the United States had [deployed](#) two squadrons of fighter aircraft to Ovda Air Base in Israel over the previous day, with Israeli security officials claiming that it was part of a broader movement of U.S. forces in the region and not a signal of an escalation with Iran.



2. Diplomatic Engagement

Iran

- On September 29, Iran [said](#) it received the U.S. response to Tehran’s proposal to restore the collapsed ceasefire, under which Washington would lift its blockade of Iranian ports, and Iran would reopen the Strait of Hormuz within seven days.
 - » An official briefed on the negotiations told Reuters that the two sides largely agreed on the steps but remained divided over their sequencing.
 - » Qatar, which previously [said](#) it was continuing to pass messages between Washington and Tehran, reportedly conveyed the U.S. response to Iranian Foreign Minister Abbas Araghchi in Doha on September 29.
- On September 28, Axios [reported](#) that President Trump was considering limited sanctions relief and the release of some frozen Iranian funds if Tehran demonstrated progress toward a nuclear agreement. The report came amid mediated U.S.-Iran talks over reopening the Strait of Hormuz.
 - » On September 29, President Trump [denied](#) the report, writing on Truth Social, “This is untrue. I offered them NOTHING!”

Lebanon

- On September 28, Lebanese Prime Minister Nawaf Salam [met](#) with Secretary of State Marco Rubio in Washington to discuss “restoring Lebanon’s full sovereignty” over its territory, including an Israeli withdrawal from southern Lebanon and the Lebanese Armed Forces (LAF) assuming control of areas vacated by the Israel Defense Forces (IDF).
 - » Salam called for a clear timeline for a complete Israeli withdrawal and for weapons to be confined to the Lebanese state. According to the Lebanese readout, Rubio reaffirmed

U.S. support for the LAF and emphasized implementing the tripartite framework for security and stability.

3. U.S., Israeli, and Arab Partner Operations

Iran

- On September 29, the Treasury Department [sanctioned](#) 10 individuals and entities in China, Iran, Pakistan, and Hong Kong for allegedly [procuring](#) weapons and components for Iran's Ministry of Defense and Arms Forces Logistics (MODAFL) as part of Operations Economic Outcast.
 - » The Treasury said the networks supported Iranian weapons programs, including ballistic missiles and unmanned aerial vehicles (UAVs), and that the sanctions were intended to impede Iran's efforts to reconstitute its military capabilities.

Iraq

- On September 30, the United States [completed](#) the withdrawal of its remaining forces from Iraq, including the final troops stationed at a base in Erbil, Iraqi Kurdistan, formally ending the U.S.-led coalition's Operation Inherent Resolve in the country.
 - » The Pentagon said the United States would continue providing targeted training and intelligence support to Iraqi forces, while Baghdad would assume full responsibility for countering the remnants of ISIS.
 - » Iran and its allied groups portrayed the withdrawal as a victory in their campaign to remove U.S. forces from the region.

Lebanon

- On September 28, the IDF [announced](#) that it finished a several-week operation in which troops destroyed more than 600 Hezbollah posts, including eight tunnels, and uncovered dozens of the group's rocket launchers in the southern Lebanese town of Mansouri.
- On September 28, the IDF [shot at](#) two suspicious individuals who approached troops operating in Israel's buffer zone in southern Lebanon.

4. Iranian and Proxy Operations

Lebanon

- On September 28, the IDF [fired](#) an interceptor missile to neutralize what they referred to as a "suspicious aerial target" flying near troops in southern Lebanon.

Maritime

- On September 30, the United Kingdom Maritime Trade Operations Center (UKMTO) reported that "unknown projectiles" [struck three tankers](#) in the Strait of Hormuz on September 29.
- Separately, UKMTO [announced](#) on September 29 that a vessel in the Strait of Hormuz was hit by an "unknown projectile."
 - » The strike initially sparked a fire, but the flames have since been put out.

5. Internal Iranian Dynamics

- On September 30, the Associated Press [reported](#) that the American blockade and sanctions targeting Tehran have caused medication and food prices throughout Iran to surge, leaving civilians to bear the brunt of punishments targeting the regime.

- On September 29, the value of the Iranian currency [sank](#) to a new low, with one U.S. dollar equaling 2.5 million rials.

6. Threats, Condemnations, and Statements from Iranian and Proxy Officials

- On September 29, Iran's Supreme National Security Council Secretary Mohsen Rezaei [said](#) Tehran was still awaiting a U.S. response to its latest proposal for ending the war, claiming President Trump was "trapped in a quagmire where he can neither negotiate nor fight."
- On September 29, Iranian state television [released](#) a video of Iran's parliament speaker and lead negotiator Mohammad Bagher Ghaliaf warning that "In a region where we cannot sell oil, no one else will sell oil either; or if our security is not guaranteed, no infrastructure will remain safe."
- On September 29, the Iranian Foreign Ministry [threatened](#) the United Arab Emirates (U.A.E.) that there could be "highly dangerous consequences" after Israeli Prime Minister Benjamin Netanyahu met with the Emirati president two days prior.
 - » The ministry warned that "Undoubtedly, given the proven hostility and animosity of the Zionist regime toward Iran and other countries of the region, as well as the regime's repeated threats against the Islamic Republic of Iran, all countries of the region should be vigilant about the consequences and repercussions of such a presence, which threatens the collective peace and security of the region."

7. International Response

- On September 30, an unnamed senior Saudi official [rejected](#) *Ynet News's* claims that Prime Minister Netanyahu met with a Riyadh leader during his September 27 visit to the U.A.E.
 - » Jordan also rejected the claims that a Jordanian official attended the meeting as well.
- On September 29, Pakistani Defense Minister Khawaja Muhammad Asif [stated](#) that Pakistan would employ "whatever means are available" to defend Saudi Arabia against Houthi attacks.
- On September 29, *The Times of Israel*, citing Italy's *Il Foglio*, [reported](#) that Libyan National Army Deputy Commander Saddam Haftar likely met with Prime Minister Netanyahu during his visit to Abu Dhabi.
 - » According to the Italian outlet, Haftar often travels on the plane that touched down in the U.A.E. shortly after Netanyahu's jet landed in the country.
 - » Haftar's former adviser, Mohamed Buisier, allegedly told the outlet that "Saddam met Netanyahu to secure political support for his bid for the Libyan presidency."
- On September 29, Qatari Prime Minister Mohammed Al-Thani [revealed](#) that Washington alerted him around 30 minutes before the United States and Israel launched Operations Epic Fury and Roaring Lion on February 28.
- On September 29, Emirati Vice President Sheikh Mansour bin Zayed [traveled](#) to Saudi Arabia for the first face-to-face meeting between senior Saudi and Emirati leaders since the two nations' rift over Yemen began earlier in the year.
- On September 27, Israeli Prime Minister Benjamin Netanyahu [met](#) Emirati President Sheikh Mohamed bin Zayed Al Nahyan during a previously unannounced visit to the U.A.E.
 - » Three senior Israeli officials told Reuters that the six-hour bilateral meeting focused on Iran, while the Israeli Prime Minister's Office said the leaders discussed strengthening bilateral relations and "regional challenges."

8. JINSA Resources

- Ari Cicurel, [Resupply Israel to Deter Iran and Protect U.S. Forces](#), September 23, 2026
- VADM Jeff Trussler, USN (ret.) and Sarah Havdala, [The US Needs an Information-Warfare Strategy for Iran — And Beyond](#), September 21, 2026
- Jonah Brody, [The Houthis Close in on the Gulf's Oil Export Lifeline](#), September 17, 2026
- Sarah Havdala, [Iran in the Wake of Women, Life, Freedom](#), September 16, 2026
- Giran Ozcan, [The United States Cannot Afford to Abandon the Kurdistan Region](#), September 14, 2026
- Ari Cicurel and Jonah Brody, [All Is Not Quiet on the Houthi Front](#), September 11, 2026
- Michael Makovsky, PhD, [Why Iran Fears Israel, But Not America](#), September 9, 2026
- Michael Makovsky, PhD, and Blaise Misztal, [How to Win the Iran War](#), September 3, 2026
- Michael Makovsky, PhD, John Hannah, Blaise Misztal, and Jonathan Ruhe, [Shifting the Center of Gravity: Transforming the U.S.-Israel Security Partnership](#), August 18, 2026
- Gen Charles Wald, USAF (ret.), VADM Mark Fox, USN (ret.), and VADM John W. Miller, USN (ret.), [“U.S. Must Reopen the Strait of Hormuz,”](#) *The Washington Times*, August 3, 2026
- Yoni Tobin, [Not Bottlenecks, But Strategic Opportunities: Making Room for More U.S. Refueling Tankers in Israel](#), August 3, 2026

Estimated Casualties of Iran War Operations			JINSA
Country	Killed	Injured	Notes
United States	19	861	1 missing; 10 seriously wounded; 100 wounded in July; 358+ returned to duty
Israel	67+	7,800+	Killed include 26 civilians and 41 troops killed fighting Hezbollah (40 soldiers, 1 contractor)
Iran	3,724+	26,580+	Includes 1,221+ military; Iran International reports 4,700+ security personnel killed
Azerbaijan	—	4	All civilians
Bahrain	3	46	Killed include a Moroccan contractor; injured include 5 Emirati soldiers
Iraq	127	Several	Includes 28 in Iraqi Kurdistan
Jordan	—	31+	
Kuwait	9	161+	Injured includes 90 soldiers
Lebanon	4,386	12,407	Figures do not distinguish Hezbollah operatives from civilians
Oman	3+	17+	
Qatar	7	23	Killed occurred in March 22 helicopter crash
Saudi Arabia	3	47	Killed include 1 Saudi national and 2 foreign nationals
Syria	4+	Several	
United Arab Emirates	12	230	
International Waters	22	Several	

Data compiled by JINSA from various sources.

Iranian Projectiles Fired During 2026 War

Iranian Missiles Launched Per Day



Iranian Drones Launched Per Day

