

HISTORICAL ERAS OF ANCIENT ROME

From Foundation to the Fall

HISTORICAL ERA	APPROX. DATES	KEY CHARACTERISTICS
Regal Period	753 – 509 BCE	Legendary founding by Romulus; rule by seven kings; development of core religious and social institutions.
Early Republic	509 – 264 BCE	Establishment of the Senate and Consuls; the Conflict of the Orders; expansion across the Italian peninsula.
Late Republic	264 – 27 BCE	Punic Wars; rise of military dynasts (Sulla, Caesar); transition from city-state to Mediterranean hegemon.
Principate	27 BCE – 284 CE	Augustus establishes the Empire; Pax Romana; peak of territorial expansion and cultural influence.
Crisis of the Third Century	235 – 284 CE	Period of civil war, plague, and economic collapse; frequent "Barracks Emperors."

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Dominate	284 – 476 CE	Reforms of Diocletian and Constantine; legalization of Christianity; division into Eastern and Western Empires.

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