



NEWS RELEASE

SEAHAWKS FACE THE PATRIOTS IN SUPER BOWL LX IN SAN FRANCISCO BAY AREA

2025 SCHEDULE

PRESEASON (1-1-1)

Day	Date	Opponent	W/L	Score
Thu.	8/7	Las Vegas	T	23-23
Fri.	8/15	Kansas City	W	33-16
Sat.	8/23	at Green Bay	L	20-7

REGULAR SEASON (14-3)

Day	Date	Opponent	W/L	Score
Sun.	9/7	San Francisco	L	17-13
Sun.	9/14	at Pittsburgh	W	31-17
Sun.	9/21	New Orleans	W	44-13
Thu.	9/25	at Arizona	W	23-20
Sun.	10/5	Tampa Bay	L	38-35
Sun.	10/12	at Jacksonville	W	20-12
Mon.	10/20	Houston	W	27-19
Sun.	10/26	Bye Week		
Sun.	11/2	at Washington	W	38-14
Sun.	11/9	Arizona	W	44-22
Sun.	11/16	at L.A. Rams	L	21-19
Sun.	11/23	at Tennessee	W	30-24
Sun.	11/30	Minnesota	W	26-0
Sun.	12/7	at Atlanta	W	37-9
Sun.	12/14	Indianapolis	W	18-16
Thu.	12/18	L.A. Rams	W	38-37 OT
Sun.	12/28	at Carolina	W	27-10
Sat.	1/3	at San Francisco	W	13-3

POSTSEASON (2-0)

Day	Date	Opponent	Time	TV
Sat.	1/17	San Francisco	W	41-6
Sun.	1/25	L.A. Rams	W	31-27
Sun.	2/8	New England	3:30 p.m.	NBC

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NO. 1

IN POINT DIFFERENTIAL (+191) AND
POINTS ALLOWED PER GAME (17.2)



14-3

14-3

The NFC's top-seeded Seahawks take on the AFC's second-seeded Patriots in Super Bowl LX in San Francisco. Kickoff is set for 3:30 p.m. (PT).

The Seahawks are 19-19 all-time in the postseason and hold a 14-3 home record, 4-14 road record and a 1-2 Super Bowl record. This is Seattle's 16th postseason appearance in the last 23 seasons, fourth Super Bowl appearance in franchise history, and first since 2014.

The teams have met 19 times in the regular season with Seattle holding an 11-8 edge in the series, and winning the last four meetings since 2012. The Seahawks won the last meeting, 23-20 in overtime, last season on September 15. They have met once in the postseason, with New England defeating Seattle in Super Bowl XLIX.

BROADCAST INFORMATION

TV Network		Mike Tirico (play-by-play) Cris Collinsworth (analyst) Kaylee Hartung (sidelines) Melissa Stark (sidelines)
Seahawks Radio Network	(channel 5 in Seattle)	Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines)
Seattle Sports 710AM		Channel 82 or 226
97.3FM KIRO NEWSPRADIO		Kevin Harlan (play-by-play) Kurt Warner (analyst) Laura Okmin (sidelines)
SiriusXM		
National Radio		

THIS WEEK'S SCHEDULE

Wednesday, January 28

No media availability

Thursday, January 29

Noon	President of FB Operations/GM John Schneider available
12:30 p.m.	Open locker room
1:10 p.m.	Practice

Friday, January 30

Noon	Head Coach Mike Macdonald press conference
12:15 p.m.	Open locker room
1:10 p.m.	Practice

Saturday, January 31

No media availability

Sunday, February 1

Travel Day
No media availability



SUPER BOWL LX • JANUARY 27, 2026



50 POSTSEASON HISTORY

19-19 POSTSEASON RECORD

1983 AFC Wild Card	12/24/83	Denver	W	31-7
1983 AFC Divisional	12/31/83	at Miami	W	27-20
1983 AFC Champ.	1/8/84	at L.A. Raiders	L	30-14
1984 AFC Wild Card	12/22/84	L.A. Raiders	W	13-7
1984 AFC Divisional	12/29/84	at Miami	L	31-10
1987 AFC Wild Card	1/3/88	at Houston	L	23-20 ot
1988 AFC Divisional	12/31/88	at Cincinnati	L	21-13
1999 AFC Wild Card	1/9/00	Miami	L	20-17
2003 NFC Wild Card	1/4/04	at Green Bay	L	33-27 ot
2004 NFC Wild Card	1/8/05	St. Louis	L	27-20
2005 NFC Divisional	1/14/06	Washington	W	20-10
2005 NFC Champ.	1/22/06	Carolina	W	34-14
Super Bowl XL	2/5/06	Pittsburgh	L	21-10
2006 NFC Wild Card	1/6/07	Dallas	W	21-20
2006 NFC Divisional	1/14/07	at Chicago	L	27-24 ot
2007 NFC Wild Card	1/5/08	Washington	W	35-14
2007 NFC Divisional	1/12/08	at Green Bay	L	42-20
2010 NFC Wild Card	1/8/11	New Orleans	W	41-36
2010 NFC Divisional	1/16/11	at Chicago	L	35-24
2012 NFC Wild Card	1/6/13	at Washington	W	24-14
2012 NFC Divisional	1/13/13	at Atlanta	L	30-28
2013 NFC Divisional	1/11/14	New Orleans	W	23-15
2013 NFC Champ.	1/19/14	San Francisco	W	23-17
Super Bowl XLVIII	2/2/14	Denver	W	43-8
2014 NFC Divisional	1/10/15	Carolina	W	31-17
2014 NFC Champ.	1/18/15	Green Bay	W	28-22 ot
Super Bowl XLIX	2/1/15	New England	L	28-24
2015 Wild Card	1/10/16	at Minnesota	W	10-9
2015 Divisional	1/17/16	at Carolina	L	31-24
2016 Wild Card	1/7/17	Detroit	W	26-6
2016 Divisional	1/14/17	at Atlanta	L	36-20
2018 Wild Card	1/5/19	at Dallas	L	24-22
2019 Wild Card	1/5/20	at Philadelphia	W	19-7
2019 Divisional	1/12/20	at Green Bay	L	28-23
2020 Wild Card	1/9/21	L.A. Rams	L	30-20
2022 Wild Card	1/14/23	at San Francisco	L	41-23
2025 Divisional	1/17/26	San Francisco	W	41-6
2025 NFC Champ.	1/25/26	L.A. Rams	W	31-27

POSTSEASON EXPERIENCE

Of the two remaining contenders for Super Bowl LX, the Seahawks are the youngest by age and have the fewest games of playoff experience.

PLAYOFF EXPERIENCE

Team	Games
New England	218
Seattle	156

AVG. AGE BY TEAM

Team	Age
Seattle	26.32
New England	26.36

PLAYOFF EXPERIENCE

This postseason, Seattle's coaching staff has 235 games of playoff experience combined. Leslie Frazier is **one of 28 players in NFL history to win a Super Bowl as both a player and a coach**.

Eight players remain on the current 53-man roster from Seattle's last playoff appearance in the 2022 Wild Card Game at San Francisco.

In all, the 53-man active roster totals 156 games of playoff experience, the fewest of the NFC field.

Coach	Games	Player	Games
Leslie Frazier	32*+	S Coby Bryant	3
Rick Dennison	27	T Charles Cross	3
Jamie Yanchar	21	QB Sam Darnold	3
Kirk Olivadotti	13	T Abraham Lucas	3
Justin Outten	12	LB Boye Mafe	3
Mike Macdonald	11	RB Kenneth Walker III	3
Josh Bynes	9*+	CB Riq Woolen	3
Aden Durde	9	WR Dareke Young	3
Jay Harbaugh	8	TE AJ Barner	2
John Benton	7	WR Jake Bobo	2
Jeff Howard	7	G Anthony Bradford	2
Andrew Janocko	7	S Nick Emanworri	2
Klint Kubiak	7	LB Derick Hall	2
Thomas Garcia	6	TE Nick Kallerup	2
Ivan Lewis	6	LB Tyrice Knight	2
Mark Philipp	6	DE Mike Morris	2
Neiko Thorpe	6*	DT Byron Murphy II	2
Danny van Dijk	6	LB Patrick O'Connell	2
Devin Fitzsimmons	5	LB Connor O'Toole	2
Frisman Jackson	5	S Ty Okada	2
Quinshon Odom	4	DT Brandon Pili	2
Jake Peetz	4	CB Nehemiah Pritchett	2
Karl Scott	3	TE Brady Russell	2
Mack Brown	2	TE Eric Saubert	2
Michael Byrne	2	WR Rashid Shaheed	2
Rob Caprice	2	WR Jaxon Smith-Njigba	2
Justin Hinds	2	LS Chris Stoll	2
Tim Ojeda	2	C Jalen Sundell	2
Chris Partridge	2	LB Drake Thomas	2
Tyson Prince	2	CB Devon Witherspoon	2
Player	Games	Player	Games
WR Cooper Kupp	+11	G Grey Zabel	2
LB DeMarcus Lawrence	11	G Christian Haynes	1
DT Jarran Reed	11	RB George Holani	1
P Michael Dickson	7	T Amari Kight	1
CB Josh Jobe	+6	QB Drew Lock	1
T Josh Jones	6	DE Rylie Mills	1
K Jason Myers	6	C Olu Oluwatimi	1
LB Ernest Jones IV	+5	FB Robbie Ouzts	1
LB Uchenna Nwosu	5	T/G Mason Richman	1
S Julian Love	4	TE Elijah Arroyo	0
DT Leonard Williams	4	LB Jared Ivey	0
		QB Jalen Milroe	0

* Includes games as a player; + Super Bowl playing experience
Bold = starter





REGULAR SEASON RECAP

TEAM

- * This is Seattle's 16th postseason appearance in the last 23 seasons, and first under head coach Mike Macdonald.
- * Won 12th division title, and first since 2020.
- * Claimed its fourth No. 1 playoff seed, with the previous three teams reaching the Super Bowl (2005, 2013, 2014).
- * Has a 20-5 record in its last 25 games (1st NFL).
- * Set single-season franchise record with 14 wins.
- * Set single-season franchise record with eight road wins.
- * Has not allowed a 100-yard rusher in a franchise-record 26 consecutive games, the longest current streak in the NFL.
- * Set single-season franchise record with 483 points scored.
- * Set single-season franchise record with +191 point differential.
- * A franchise-record tying five players earned AP All-Pro honors.

MIKE MACDONALD

- * Ranks second-place in NFL history for the most road wins by a head coach in his first two seasons with 15. Seattle was 7-1 last year and 8-1 this season on the road.

AJ BARNER

- * Set single-season career-highs in receptions (52), yards (519) and touchdowns (6).

COBY BRYANT

- * Set single-season career-high with four interceptions.

ZACH CHARBONNET

- * Became the first Seahawks player since Marshawn Lynch (2014) to record double-digit rushing touchdowns in a season with a career-high 12 (T6th NFL).
- * Also posted career-highs in carries (184) and yards (730).

SAM DARNOLD

- * His 28 wins in the last two seasons are tied for the most wins in consecutive seasons by a quarterback in NFL history (Tom Brady).
- * Became the second quarterback in NFL history to record 14 wins in consecutive seasons, joining Tom Brady.
- * His nine game-winning drives in the fourth quarter/overtime since 2024 are the most in the NFL.
- * Has 21 games with a 100-plus passer rating since 2024, the second-most in the NFL.
- * Has 18 games with two-plus touchdown passes and 100-plus passer rating since 2024, the second-most in the NFL.
- * Has four games with four-plus touchdown passes since 2024, tied for the third-most in the NFL.

MICHAEL DICKSON

- * His 48.3 punt average ranks fourth in NFL history.

NICK EMMANWORI

- * Only player with at least 80 tackles, 10 passes defensed and eight tackles for loss.

JOSH JOBE

- * Tied for team-lead with a career-high 12 passes defensed.

ERNEST JONES IV

- * Posted 100-tackles for the fourth-consecutive season.
- * His five interceptions (T2nd NFL) are the most by a linebacker in franchise history.
- * Only player with 100 tackles and five interceptions.

DEMARCUS LAWRENCE

- * Led team in tackles for loss (11), forced fumbles (3) and fumble recoveries (3, 1st NFL).

BYRON MURPHY II

- * Posted career-highs in tackles (62), sacks (team-lead tying 7.0), quarterback hits (13) and tackles for loss (7).

JASON MYERS

- * His career-high 171 points (1st NFL) are the third-most in NFL history for the most points scored in a single season.
- * Ranks first in franchise history for the most points scored in a single season with 171.
- * Tied his own record for most 50-yard field goals made in a single-season in franchise history with a career-high nine.
- * His franchise record and career-high 41 field goals made are tied for the third-most in a single season in NFL history.
- * His 567 kicker points are the most in the NFL since 2022.
- * This season, became Seattle's all-time field goals made leader (200) and points scored leader (892).

UCHENNA NWOSU

- * Tied for team-lead with 7.0 sacks.

JARRAN REED

- * Ranks 10th-place on Seattle's all-time sacks list with 36.0.

JAXON SMITH-NJIGBA

- * His 1,793 receiving yards are the eighth-most in a single-season in NFL history.
- * Has a reception in 51 consecutive games to begin his Seahawks career, the second-longest streak behind Joey Galloway's 71-game streak (1995-99).
- * Became the first player in NFL history with at least 75 receiving yards in each of his first 11 games of a season.
- * Became the third player in NFL history 23 years old or younger with at least 1,700 receiving yards in a single season, joining Isaac Bruce and Justin Jefferson.
- * His 13 90-yard games are the most in a single-season in NFL history by a player 23 years old or younger, and fourth overall, joining Cooper Kupp (16 games), Antonio Brown (13) and Michael Irvin (13).
- * Became the sixth player in NFL history with at least 85 receptions, 1,400 receiving yards and nine touchdown catches through a





REGULAR SEASON RECAP

player's first 13 games of a season, joining Tyreek Hill (2023), Cooper Kupp (2021), Antonio Brown (2017), Torry Holt (2003) and Herman Moore (1995).

* Became the sixth player in NFL history to record 100 receptions and 1,000 yards in the same season in two of his first three seasons, joining Anquan Boldin, Justin Jefferson, Brandon Marshall, Amon-Ra St. Brown and Michael Thomas.

* Became the fourth player 23 years old or younger with at least 1,500 receiving yards and 10 touchdown receptions in a season, joining Justin Jefferson (2021), DeAndre Hopkins (2015) and Isaac Bruce (1995).

* Became the sixth player in NFL history with at least 100 receiving yards in eight of his team's first 11 games of a season, joining Julio Jones (eight in 2018), Adam Thielen (nine in 2018), Michael Irvin (nine in 1995), Charlie Hennigan (eight in 1961), and Elroy Hirsch (eight in 1951).

* His 282 receptions are the most receptions in a player's first three seasons in franchise history.

* His 3,551 yards are the most receiving yards in a player's first three seasons in franchise history.

* His nine 100-yard games this season are the most in the NFL, and the most in a single season in franchise history.

* Became the eighth player in franchise history with back-to-back 1,000-yard receiving seasons.

* Became the 26th player in NFL history to reach 1,000 receiving

yards in his first nine games of a season.

* Set the franchise record for most receptions in a single season with a career-high 119 (4th NFL).

* Set the franchise record for most receiving yards in a single season with a career-high 1,793 (1st NFL).

* Set single-season career-high in receiving touchdowns with 10 (T6th NFL).

KENNETH WALKER III

* Ranks eighth-place on Seattle's all-time rushing yards list with 3,555.

* Posted second-career 1,000-rushing yard season.

LEONARD WILLIAMS

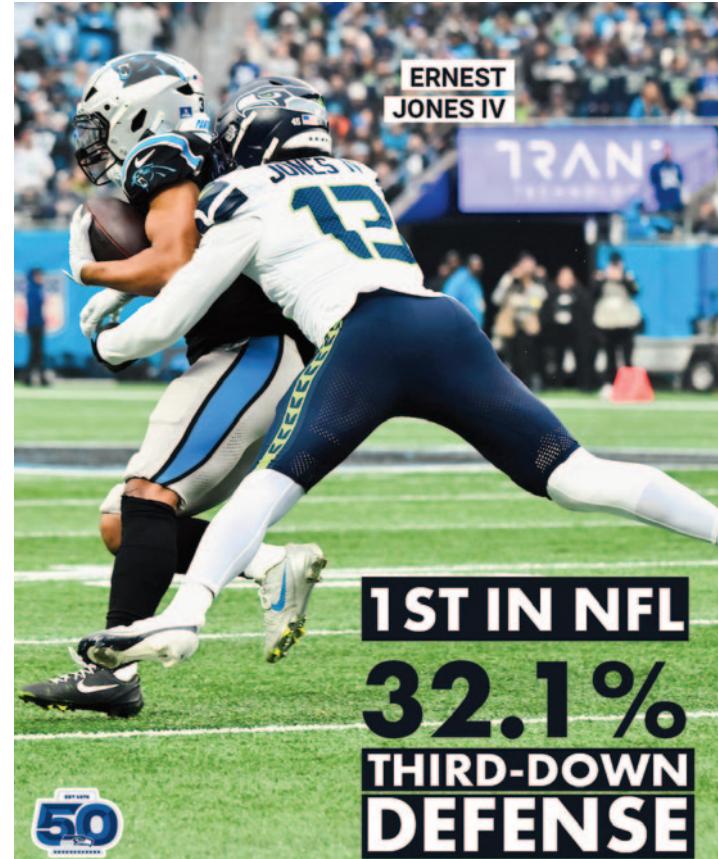
* Tied for team-lead with 7.0 sacks and led the team with 22 quarterback hits.

RIQ WOOLEN

* Tied for team-lead with 12 passes defensed.

83

REGULAR SEASON WINS IN NOVEMBER-
JANUARY SINCE 2012 (1ST NFL)



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SERIES VS. NEW ENGLAND

REGULAR SEASON: SEAHAWKS LEAD 11-8; POSTSEASON: PATRIOTS LEAD 1-0

October 9, 1977	L	@	31-0	45,929
September 21, 1980	L		37-31	61,035
December 19, 1982	L		16-0	53,457
December 18, 1983	W		24-6	59,688
September 16, 1984	L	@	38-23	43,140
November 17, 1985	L		20-13	60,345
September 21, 1986	W	@	38-31	58,977
December 4, 1988	L	@	13-7	59,068
September 24, 1989	W	@	24-3	48,025
October 7, 1990	W	@	33-20	39,735
September 20, 1992	W	@	10-6	42,327
September 19, 1993	W	@	17-14	50,392
October 24, 1993	W		10-9	56,526
October 17, 2004	L	@	30-20	68,756
December 7, 2008	L		24-21	68,077
October 14, 2012	W		24-23	68,137
November 13, 2016	W	@	31-24	66,829
September 20, 2020	W		35-30	0
September 15, 2024	W	@	23-20 ot	64,686
Postseason				
February 1, 2015	L		28-24	70,288

HEAD-TO-HEAD COMPARISON

2025 REGULAR SEASON	SEAHAWKS	PATRIOTS
Record	14-3	14-3
Total Yards Gained	5,973	6,449
Total Offense (NFL Rank)	351.4 (8)	379.4 (3)
Rush Offense	123.3 (T10)	128.9 (6)
Pass Offense	228.1 (8)	250.5 (4)
Points Per Game	28.4 (3)	28.8 (2)
Total Yards Allowed	4,860	5,019
Total Defense	285.9 (6)	295.2 (8)
Rush Defense	91.9 (3)	101.7 (6)
Pass Defense	193.9 (10)	193.5 (9)
Points Allowed/Game	17.2 (1)	18.8 (4)
Possession Avg.	30:00	31:18
Sacked/Yds. Lost	27/186	48/201
Sacks Made/Yds. Lost	47/322	35/222
Interceptions By	18	10
Penalties/Yds.	100/793	99/854
Punts/Avg.	52/49.0	51/47.4
Turnover Differential	-3 (T19)	+3 (10)

2025 STAT LEADERS

	SEAHAWKS	PATRIOTS
Rushing	Kenneth Walker III 1,027 (221-4.6-5)	TreVeyon Henderson 911 (180-5.1-9)
Passing	Sam Darnold 4,048 (477-323-25-14-99.1)	Drake Maye 4,394 (492-354-31-8-113.5)
Receiving	Jaxon Smith-Njigba 119 (1,793-15.1-10)	Stefon Diggs 85 (1,013-11.9-4)
Scoring (Non kicker)	Zach Charbonnet 74	TreVeyon Henderson 60
Sacks	three tied 7.0	Harold Landry 8.5
Int.	Ernest Jones IV 5	Jaylinn Hawkins 4
Punting	Michael Dickson 49.0/42.2 net (20 In 20)	Bryce Baringer 47.4/40.6 net (21 In 20)
Kicking	Jason Myers 171 (41/48 FG, 48/48 PAT)	Andy Borregales 134 (27/32 FG, 53/55 PAT)

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	PATRIOTS
Rushing Yards	Chris Warren 36-174-4.5-1 9/19/93	John Stephens 31-121-3.9-0 12/4/88
Passing Yards	Matt Hasselbeck 50-27-349-0-2 10/17/04	Tony Eason 45-26-414-3-0 9/21/86
Receiving Yards	Koren Robinson 9-150-16.7-0 10/17/04	Julian Edelman 8-179-22.4-3 9/20/20

Last Game Played in...

Seattle Seahawks 35, Patriots 30 (9/20/20)
New England.... Seahawks 23, Patriots 20 ot (9/15/24)

Total Points in Series

Seahawks..... 384 (20.2)
Patriots..... 395 (20.8)

Largest Margin of Victory

Seahawks..... 21 points, 24-3 (9/24/89)
Patriots..... 31 points, 31-0 (10/9/77)

Combined Points

Highest 69 (Seattle win 38-31 on 9/21/86)
Lowest 16 twice (last: Seattle win 10-6 on 9/20/92)

Shutouts

Seahawks..... None
Patriots..... 31-0 on 10/9/77 & 16-0 on 12/19/82

Mike Macdonald vs. Patriots (Regular Season)

..... 1-0
With Seattle 1-0

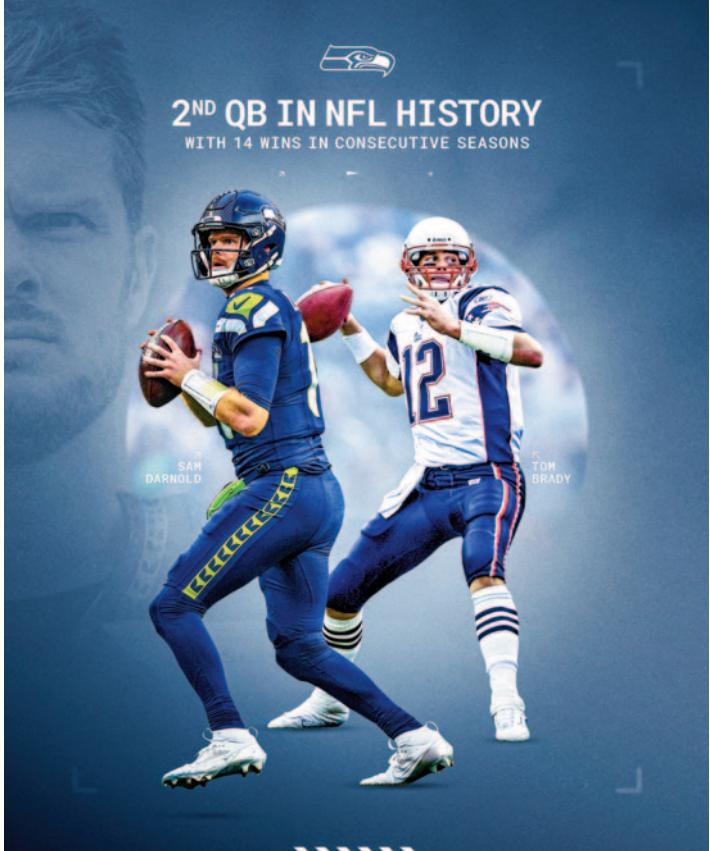
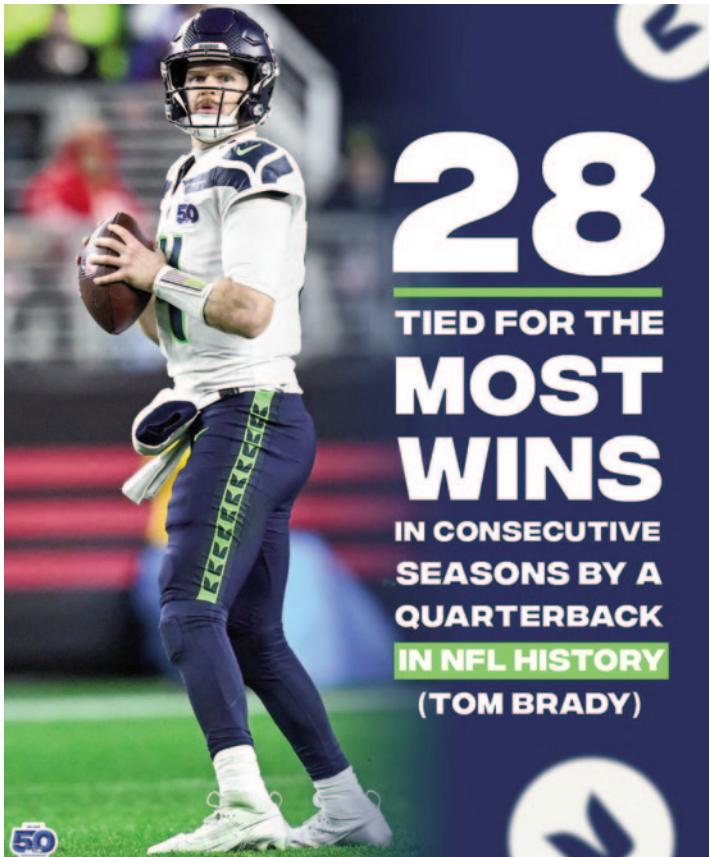
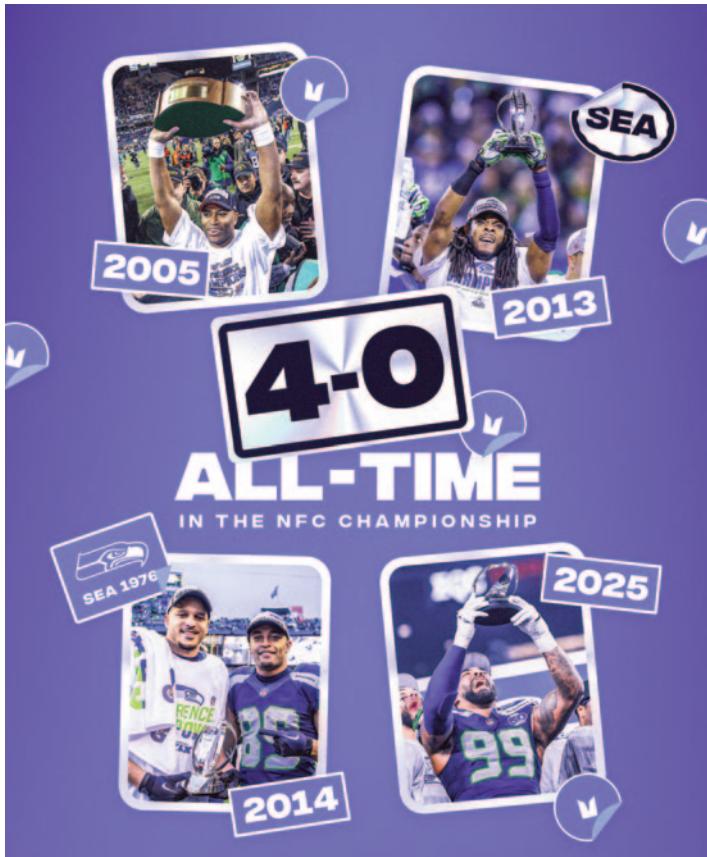
Mike Vrabel vs. Seahawks (Regular Season)

..... 1-1
With New England..... 0-0
With Tennessee..... 1-1





TEAM NOTES



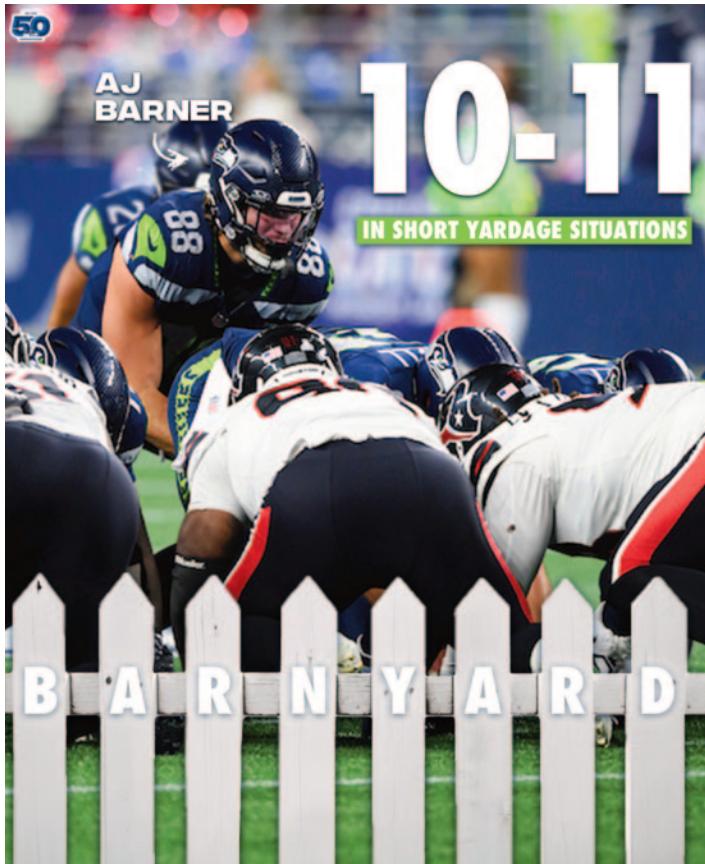


50 TEAM NOTES



41

POSTSEASON
POINTS SCORED
SECOND-MOST
IN FRANCHISE HISTORY



KENNETH WALKER III

1/17/2026 | VS. 49ERS



3

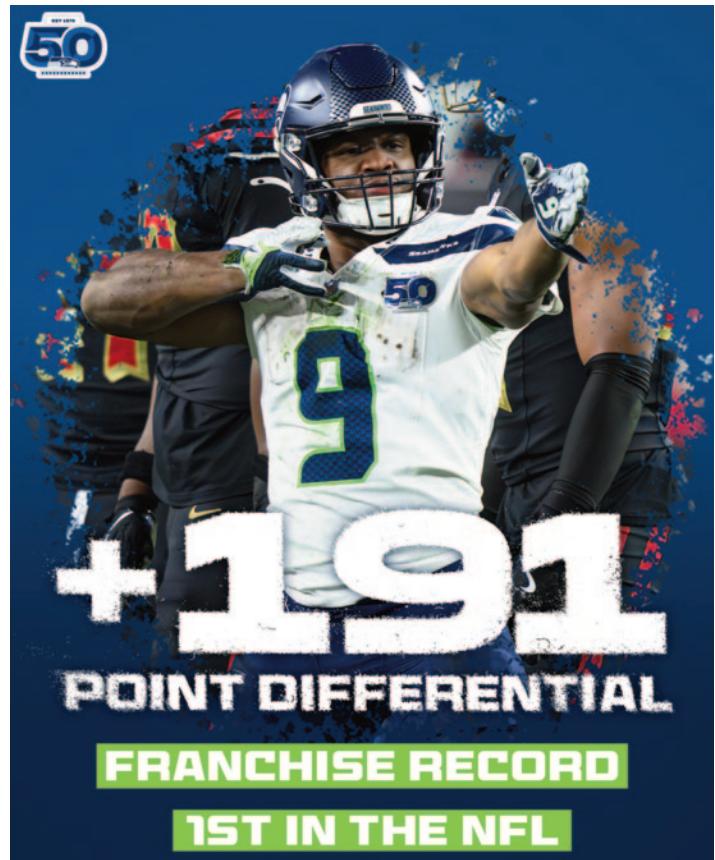
RUSHING TOUCHDOWNS
TIED FRANCHISE POSTSEASON RECORD



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50 TEAM NOTES





50 TEAM NOTES

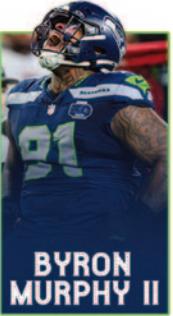
ONE OF TWO
TEAMS WITH THREE PLAYERS



UCHENNA
NWOSU



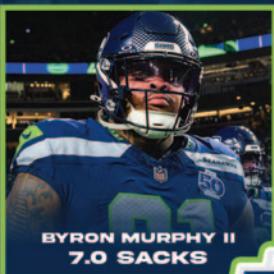
LEONARD
WILLIAMS



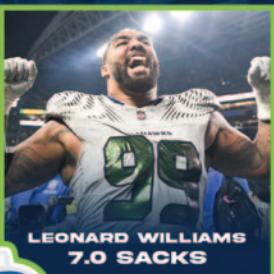
BYRON
MURPHY II

WITH
AT LEAST  SACKS EACH

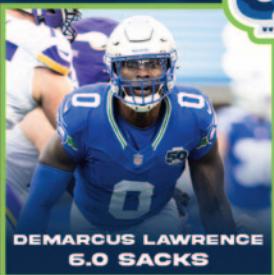
ONE OF THREE TEAMS
WITH FOUR PLAYERS



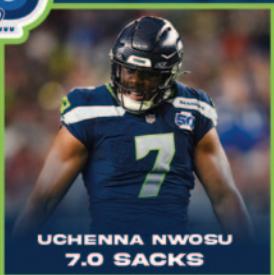
BYRON MURPHY II
7.0 SACKS



LEONARD WILLIAMS
7.0 SACKS

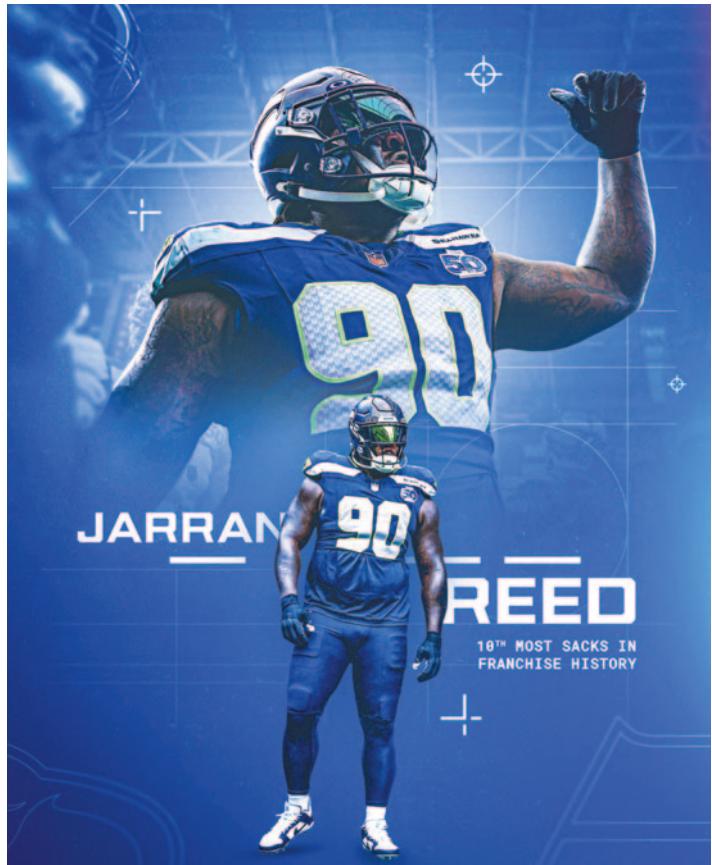


DEMARCUS LAWRENCE
6.0 SACKS



UCHENNA NWOSU
7.0 SACKS

WITH AT LEAST
6.0 SACKS EACH





TEAM NOTES

28.4

POINTS SCORED
PER GAME
3RD IN THE NFL



12-0

WHEN WINNING THE **TURNOVER BATTLE**
SINCE 2024 INCLUDING PLAYOFFS



17.2

POINTS ALLOWED
PER GAME
1ST IN THE NFL



25



TAKEAWAYS

6TH IN THE NFL

12

TAKEAWAYS

TIED FOR 2ND IN THE NFL SINCE WEEK 13



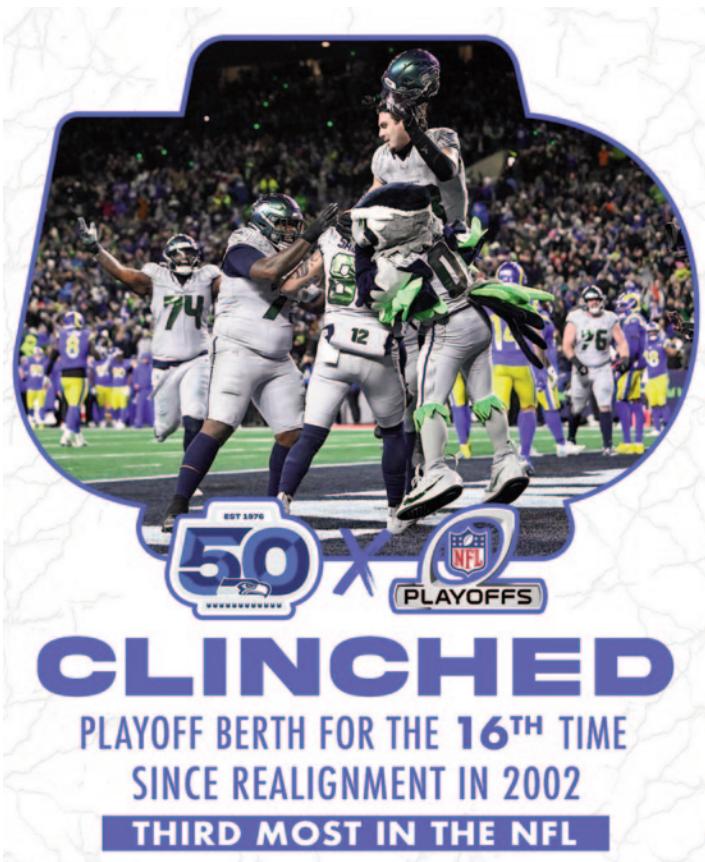
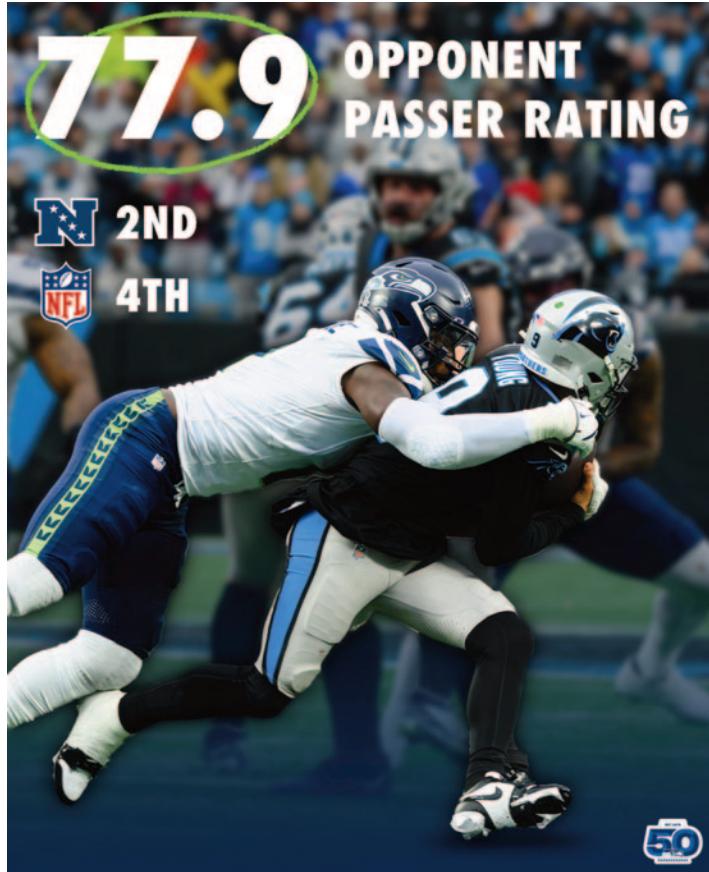
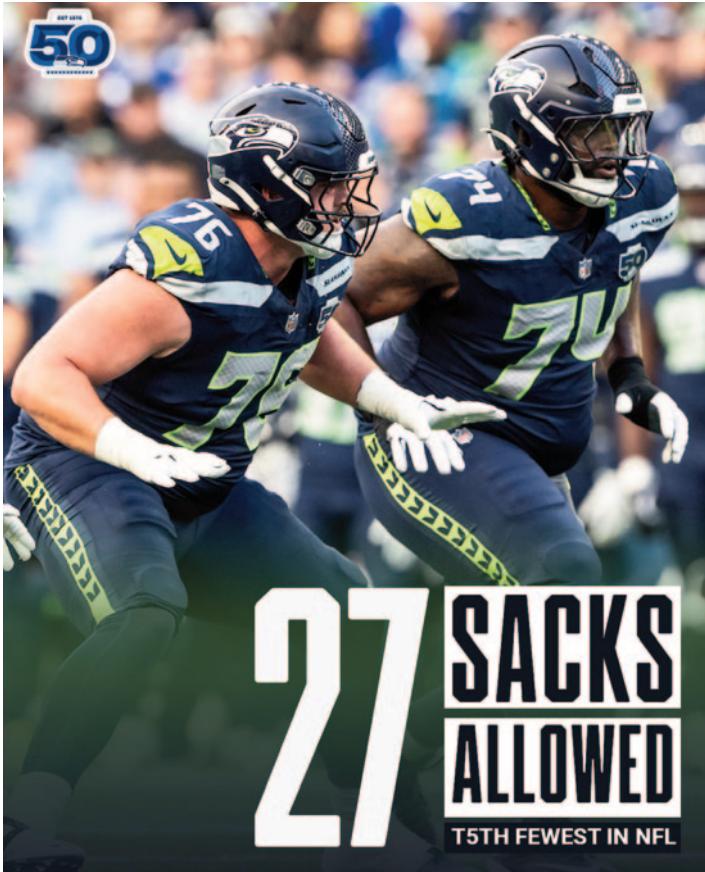


50 TEAM NOTES





TEAM NOTES





TEAM NOTES

SEAHAWKS NFL RANKINGS

DEFENSE

+191

PPG Differential (1st NFL)

17.2

PPG Allowed (1st NFL)

3.7

Rush Yards/Att. (1st NFL)

4.6

Yards Per Play (2nd NFL)

9

Rush TDs Allowed (2nd NFL)

91.9

Rush Yards/Game (3rd NFL)

18

Interceptions (5th NFL)

285.9

Yds. Allowed/Game (6th NFL)

47

Sacks (T7th NFL)

OFFENSE

6.4

1st Down Yardage (T1st NFL)

8.4

Passing Yards/Play (2nd NFL)

28.4

Points per Game (3rd NFL)

32.5

Kickoff Avg. Start (3rd NFL)

5.9

Yards per Play (6th NFL)

27

Sacked (T5th Fewest NFL)

228.1

Pass Yards/Game (8th NFL)

351.4

Yards per Game (8th NFL)

123.3

Rush Yards/Game (T10th NFL)

ROAD TRIP!

At Washington (11/2), Mike Macdonald became the third head coach in NFL history to win 11 of his first 12 road games.

At the L.A. Rams (11/16), the Seahawks franchise record of 10 straight road wins came to an end, and since the 2023 season, **Seattle holds a 17-2 record in its last 19 road games.**

MOST ROAD WINS BY A HEAD COACH IN FIRST TWO SEASONS, NFL HISTORY

Head Coach *	Wins	Years
George Seifert, SF	16	1989-90
Mike Macdonald, Sea	15	2024-25
Nick Sirianni, Phi	13	2021-22
Sean McVay, LAR	13	2017-18
Mike Martz, StL	13	2000-01

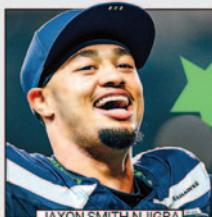
HEAD COACHES WITH 11+ WINS IN FIRST 12 ROAD GAMES

Head Coach	Wins	Years
George Seifert, SF	12	1989-90
Mike Macdonald, Sea	11	2024-25
Sean McVay, LAR	11	2017-18

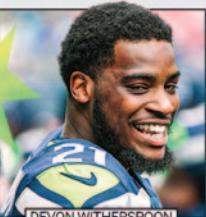
* All Super Bowl-winning head coaches



2026 PRO BOWL
ROSTER!



JAXON SMITH-NJIGBA



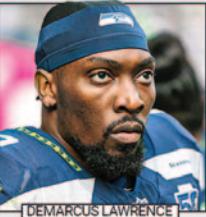
DEVON WITHERSPOON



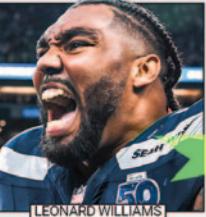
RASHID SHAHEED



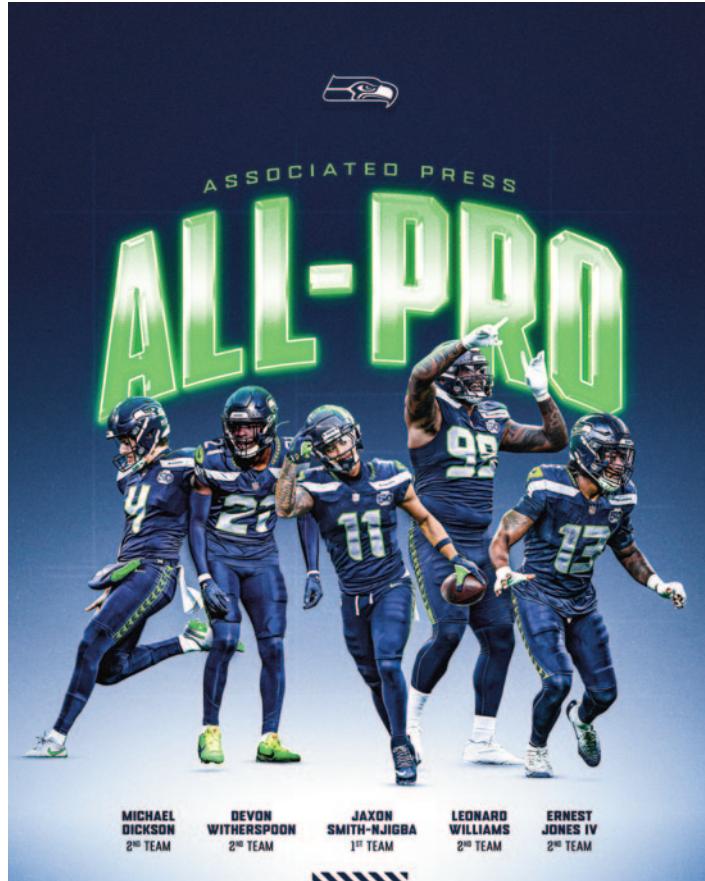
SAM DARNOLD



DEMARCUS LAWRENCE



LEONARD WILLIAMS





TEAM NOTES

.671

Best winning % following in-season loss since 2012 (53-26)

24

Double-digit losses since Week 10 of 2011 (Fewest in NFL)

147-81-1

2nd-best record in the NFL since 2012, and one of three teams with 145 wins over that span.

98-19

Record when winning the turnover battle since 2010

18-26-1

Franchise overtime record

67

2nd-most road wins in the NFL since 2013

86-44

6th-best home record in the NFL since 2010

Seattle has a 32-11 record in its last 43 10 a.m. (PT) kickoff starts. It has won 24 of its last 29 early kickoffs while also posting a 25-7 record, including playoffs, in the eastern time zone since 2018.

6

35-POINT GAMES (T1st NFL)

8

30-POINT GAMES (T2nd NFL)

NUMBERS OF NOTE VS. L.A. RAMS

9

Consecutive wins by the Seahawks to reach the Super Bowl, their longest winning streak since winning 11 straight in 2005. That streak includes five straight wins over playoff teams starting in Week 16.

0

Turnovers for the Seahawks, their third straight game without a turnover.

1-8

The Rams conversion rate on third down, compared to 7 for 13 for Seattle's offense.

115

First-half yards for Jaxon Smith-Njigba, the most in a half of a postseason game in franchise history.

2

Passes defensed by Devon Witherspoon on consecutive plays, breaking up third and fourth-down passes in the end zone to help preserve the lead late in the game.

LARGEST COMEBACKS IN FRANCHISE HISTORY

POINTS	OPPONENT	SCORE	RESULT
21	vs. Tampa Bay (11/3/13)	Trail 21-0	Won 27-24 (ot)
20	at Denver (12/10/95)	Trail 20-0	Won 31-27
18	at Oakland (12/14/97)	Trail 21-3	Won 22-21
18	vs. Pittsburgh (11/8/81)	Trail 21-3	Won 24-21
17	at Houston (9/29/13)	Trail 20-3	Won 23-20 (ot)
17	vs. Detroit (11/8/09)	Trail 17-0	Won 32-20





TEAM NOTES

MOST 30-POINT HALVES THIS SEASON

The Seahawks had three 30-point first-halves and two 30-point second-halves this season.

Team	30-Point Halves
Seattle	5
Jacksonville, New England	2
Baltimore, Chicago, Denver,	1
L.A. Rams, Minnesota	

TEAMS WITH THE MOST PLAYERS WITH AT LEAST 0.5 SACK

Team	Players with 0.5 Sack
Seattle	17
Baltimore	17
Denver	17

The Seahawks recorded five takeaways and four sacks in their 26-0 victory over Minnesota (11/30), becoming the first team since Baltimore (Week 11, 2017) to record at least five takeaways, four sacks and a shutout in the same game.



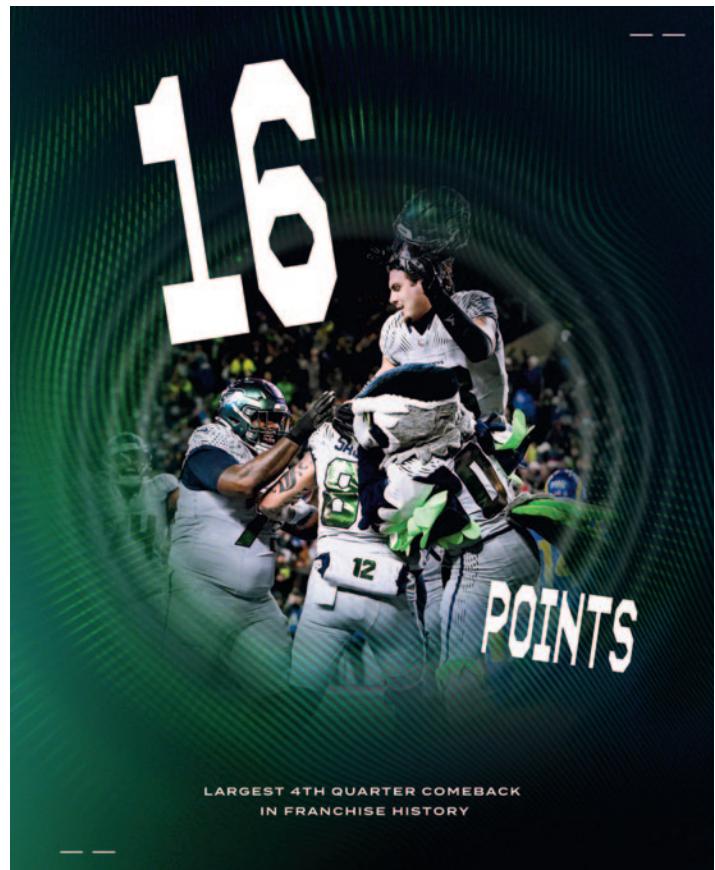
MOST FIRST-HALF POINTS THIS SEASON, NFL

The Seahawks have recorded three of the top-five scoring first-halves in the NFL this season.

Game	First-Half Points
Arizona vs. Seattle (11/9/25)	38
New Orleans vs. Seattle (9/21/25)	38
New England at N.Y. Jets (12/28/25)	35
Cincinnati vs. Minnesota (9/21/25)	34
Seattle at Washington (11/2/25)	31

MOST SECOND-HALF POINTS THIS SEASON, NFL

Game	Second-Half Points
Denver vs. N.Y. Giants (10/19/25)	33
Seattle vs. L.A. Rams (12/18/25)	31
Seattle at Atlanta (12/7/25)	31
Baltimore vs. Cleveland (9/14/25)	31



VS. L.A. RAMS (12/18), TRAILED 30-14 WITH 8:22 REMAINING IN 4TH QTR





TEAM NOTES

PRIME-TIME RECORD SINCE 2010

12-7-1

Sunday nights

15-5

Monday nights

0-1

Tuesday nights

13-6

Thursday nights

1-0

Saturday nights

41-19-1

Best prime-time record in NFL
since 2010

26-9

Home record in prime-time games
since 2010

.705

Best all-time winning % in Monday Night
Football history (31-13)

190

Consecutive sell outs of Lumen Field
(including playoffs)

69,190

Largest home attendance in franchise
history (vs. Phi, 11/20/16)

302

Opponent false starts since Lumen Field
opened in 2002 (1st NFL)



12 FLAG RAISERS ON THE TOYOTA FAN DECK

2025 SEASON

8/7	Las Vegas - High School Girls Flag Football Teams
8/15	Kansas City - Seahawks Legend Curt Warner
9/7	San Francisco - Legends Steve Largent & Jim Zorn
9/21	New Orleans - Legends Cliff Avril & Michael Bennett
10/5	Tampa Bay - Legends John Harris, Brandon Mebane, Michael Sinclair, Mack Strong & Freddie Young
10/20	Houston - Legends Kam Chancellor & Earl Thomas III
11/9	Arizona - Veteran Steve Ritchie
11/30	Minnesota - Bryan Millard, Robbie Tobeck, Max Unger
12/14	Indianapolis - Legends Rufus Porter & John L. Williams
12/18	L.A. Rams - Legends Chad Brown & Darrell Jackson
1/17	San Francisco - Legend Doug Baldwin
1/25	L.A. Rams - Chair Jody Allen





TEAM NOTES



Seattle to Green Bay - 2:53
Green Bay to Seattle - 3:45
Seattle to Pittsburgh - 3:55
Pittsburgh to Seattle - 4:01
Seattle to Arizona - 2:40
Arizona to Seattle - 2:51
Seattle to Jacksonville - 4:20
Jacksonville to Seattle - 5:08

Seattle to Washington - 4:13
Washington to Seattle - 5:30
Seattle to L.A. Rams - 2:12
L.A. Rams to Seattle - 2:03
Seattle to Tennessee - 3:33
Tennessee to Seattle - 4:11
Seattle to Atlanta - 3:49
Atlanta to Seattle - 4:49

Seattle to Carolina - 3:48
Carolina to Seattle - 4:44
Seattle to San Francisco - 1:52
San Francisco to Seattle - 1:31
Seattle to Super Bowl LX (SF) -
Super Bowl LX to Seattle -



Mike Macdonald

Led Seattle to 10 wins in 2024, the most by a first-year head coach in franchise history.

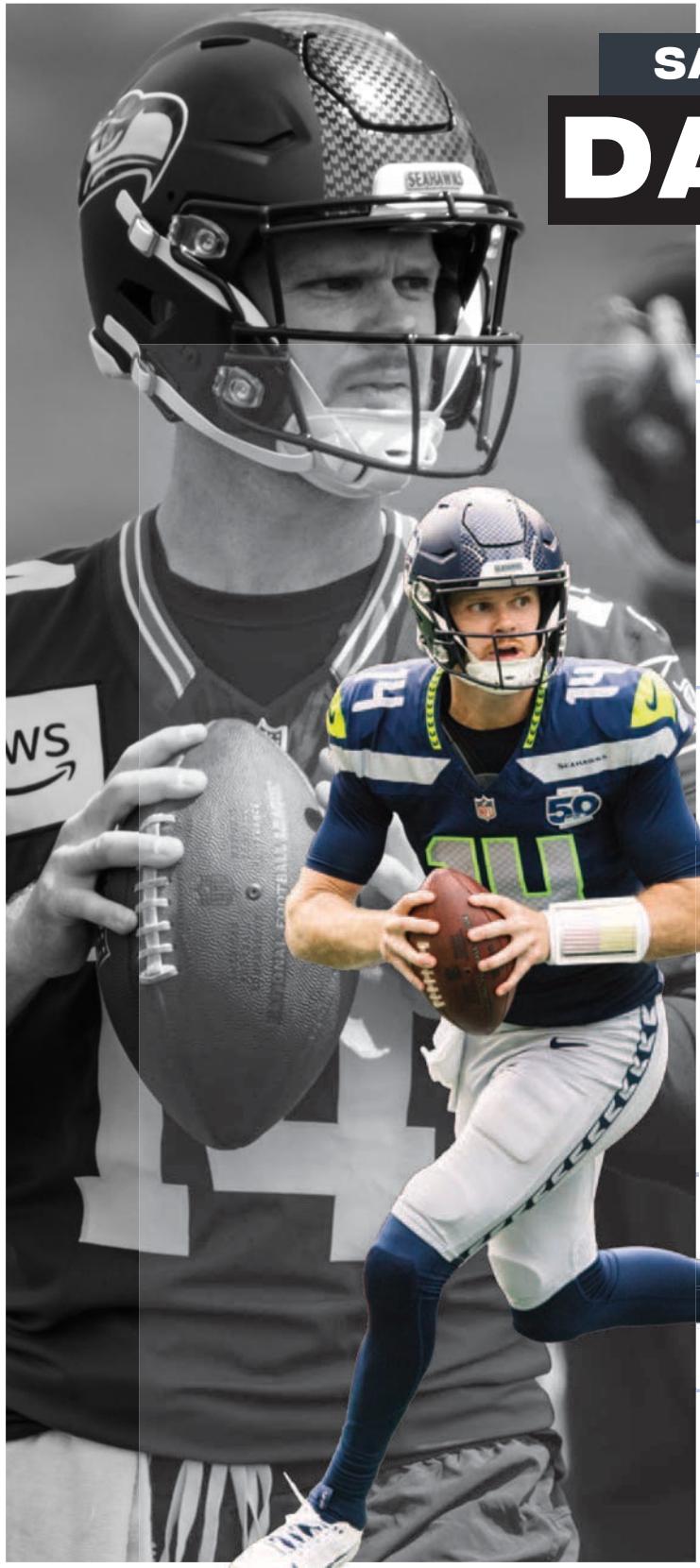
2023 PFWA Assistant Coach of the Year

In 2023, led the Baltimore Ravens defense to rank first in the NFL in points allowed (16.5), sacks (60), sack yards (435), takeaways (31), point differential (+203) and turnover margin (+12).





PLAYER NOTES



SAM

DARNOLD



2025 SEASON

99.1

PASSER RATING (8TH NFL)



67.7

COMPLETION % (5TH NFL)

4,048

PASSING YARDS (5TH NFL)

87.5%

COMPLETION PERCENTAGE AT
WASHINGTON (11/2), SECOND-
HIGHEST IN FRANCHISE HISTORY

154.2

PASSER RATING VS. NEW
ORLEANS (9/21), SECOND-
HIGHEST IN FRANCHISE HISTORY

25

PASSING TOUCHDOWNS
(T9TH NFL)

17

CONSECUTIVE COMPLETIONS
AT WASHINGTON (11/2), TYING
THE FRANCHISE RECORD





PLAYER NOTES



LEONARD WILLIAMS

2025 SEASON AP



22

2ND TEAM
2025

Quarterback Hits (1st on Team)

7.0

Sacks (T2nd NFL Among DTs)

92

YARD-INTERCEPTION RETURN FOR A
TOUCHDOWN AT N.Y. JETS (12/1/24),
THE LONGEST PICK-SIX BY A
DEFENSIVE LINEMAN IN NFL HISTORY

17.84

MPH REACHED ON INTERCEPTION
RETURN AT N.Y. JETS (12/1/24)

28

QB HITS IN 2024 (1ST NFC, T3RD NFL)

1ST

PLAYER SINCE 1982
WITH MULTIPLE SACKS,
A PICK-SIX AND
BLOCKED KICK IN A
SINGLE GAME
(AT N.Y. JETS, 12/1/24)

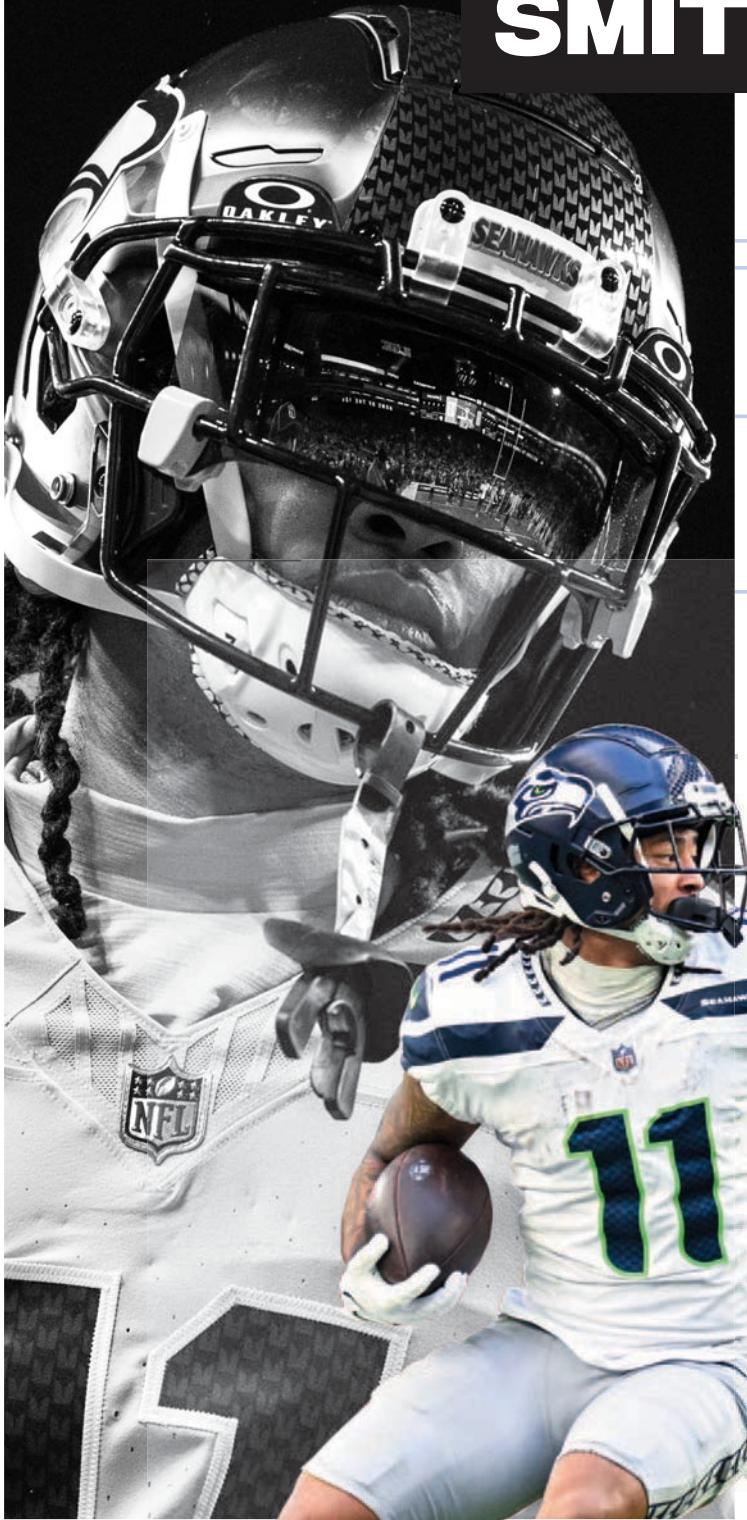




PLAYER NOTES

JAXON

SMITH-NJIGBA



2025 SEASON

119

RECEPTIONS (4TH NFL)



1,793

RECEIVING YARDS (1ST NFL); SECOND
SEAHAWKS PLAYER TO LEAD NFL

AP

1ST TEAM
2025

10

RECEIVING TOUCHDOWNS (T6TH NFL)

15.1

RECEIVING YARD AVG. (5TH NFL)

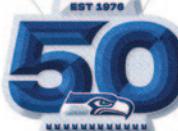
27

20-YARD RECEPTIONS (T1ST NFL)

79

RECEIVING FIRST DOWNS (2ND NFL)



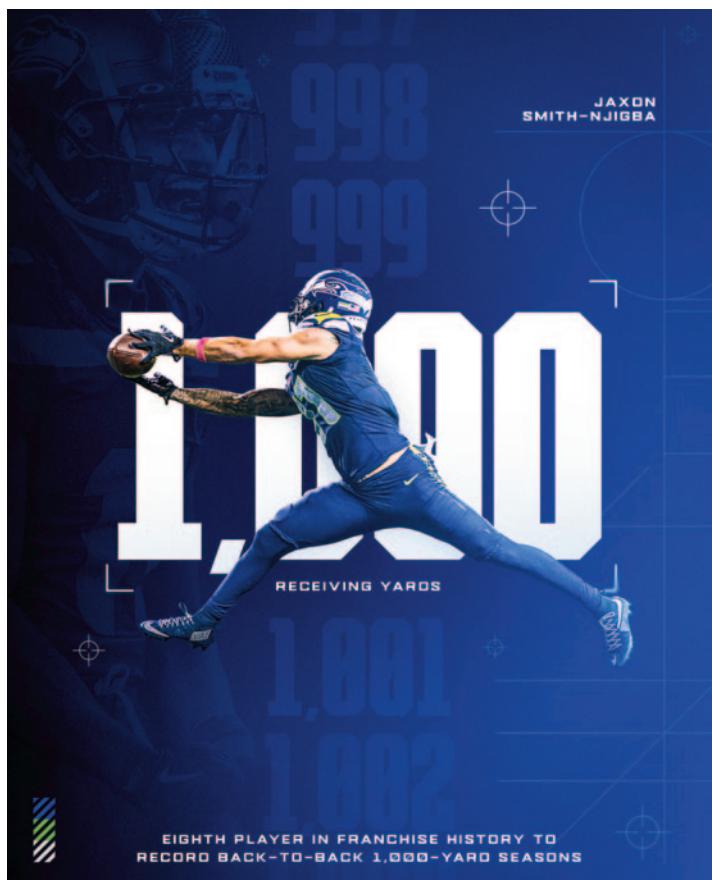


50 PLAYER NOTES



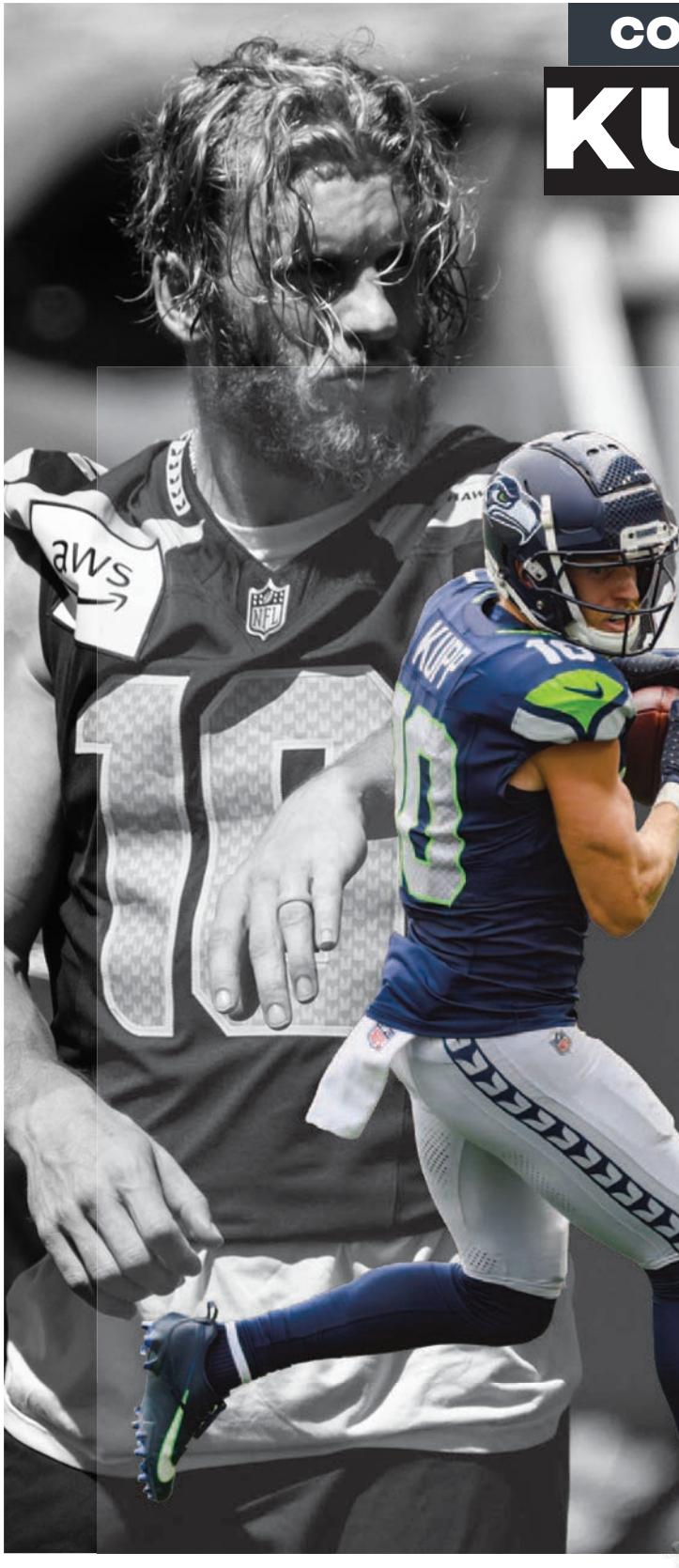


50 **PLAYER NOTES**





PLAYER NOTES



COOPER

KUPP

AP
1ST TEAM
2021



2021
MVP

AT JACKSONVILLE (10/12), BECAME THE
116TH PLAYER IN NFL HISTORY TO
REACH 8,000 CAREER RECEIVING YARDS

2021 RECEIVING
TRIPLE CROWN
BECAME 4TH PLAYER IN NFL
HISTORY (JERRY RICE,
STERLING SHARPE, STEVE
SMITH) TO ACCOMPLISH FEAT

145

RECEPTIONS

1,947

RECEIVING YARDS

16

RECEIVING TOUCHDOWNS

33

MOST RECEPTIONS IN A
SINGLE POSTSEASON (2021)

RAMS RANKS

634

RECEPTIONS (3RD)

7,776

RECEIVING YARDS (4TH)

57

RECEPTIONS (3RD)





50 **PLAYER NOTES**

#9 KENNETH WALKER III

1,027
RUSHING YARDS

8
CAREER MULTI-TOUCHDOWN GAMES (LAST: VS. NEW ORLEANS, 9/21/25)

3
CAREER-HIGH RUSHING TOUCHDOWNS AT DETROIT (9/30/24), BECOMING FIRST SEAHAWKS PLAYER TO HAVE AT LEAST THREE SINCE MARSHAWN LYNCH (4) VS. N.Y. GIANTS (11/9/14)

29

CAREER RUSHING TOUCHDOWNS (5TH IN FRANCHISE HISTORY)

9

CAREER 100-YARD RUSHING GAMES

2nd

ROOKIE IN FRANCHISE HISTORY WITH 1,000 RUSHING YARDS (CURT WARNER, 1983)

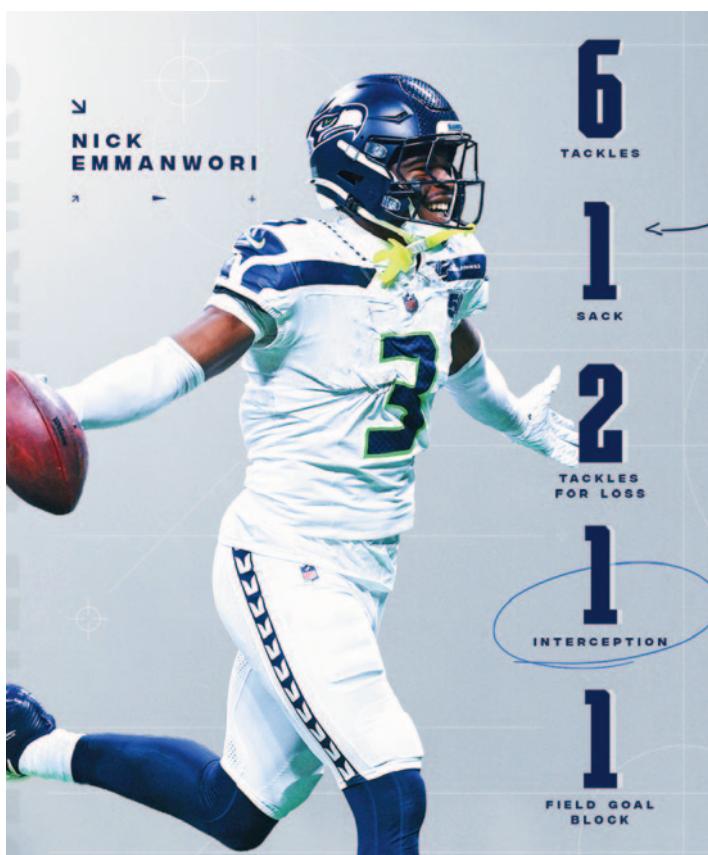


AP
2ND TEAM
2025

T2ND IN THE NFL

INTERCEPTIONS

MOST BY A LB IN FRANCHISE HISTORY





PLAYER NOTES

Facing Arizona (11/9), DeMarcus Lawrence became the fourth player since 1920 with multiple fumble return touchdowns in a game, joining Al Nesser (three in 1920 for the Akron Pros), Fred Evans (two in 1948 for the Bears), and Jeremy Chinn (two in 2020 for the Panthers).

Lawrence also ranks second on the team in quarterback hits (20) and leads in tackles for loss (11), FF (3) and FR (3).



#91 BYRON MURPHY II

7.0
SACKS AMONG INTERIOR
DEFENSIVE LINEMEN
(T2ND NFL)

7.0
CAREER-HIGH SACKS
(1ST ON TEAM)

13
CAREER-HIGH
QUARTERBACK HITS



#27 RIQ WOOLEN

53

PASSES DEFENDED
SINCE 2022 (T2ND NFL)

12

INTERCEPTIONS SINCE
2022 (10TH NFL)



FIRST SEATTLE DEFENSIVE ROOKIE NAMED TO PRO
BOWL SINCE LB LOFA TATUPU (2005)
NAMED NFL DEFENSIVE ROOKIE OF THE MONTH
FOR OCTOBER 2022

RIQ WOOLEN

ONE OF TWO
PLAYERS WITH

50+
PASSES DEFENDED

12+
INTERCEPTIONS

SINCE
2022



#4 MICHAEL DICKSON

48.3
CAREER PUNT AVERAGE
(4TH NFL HISTORY)



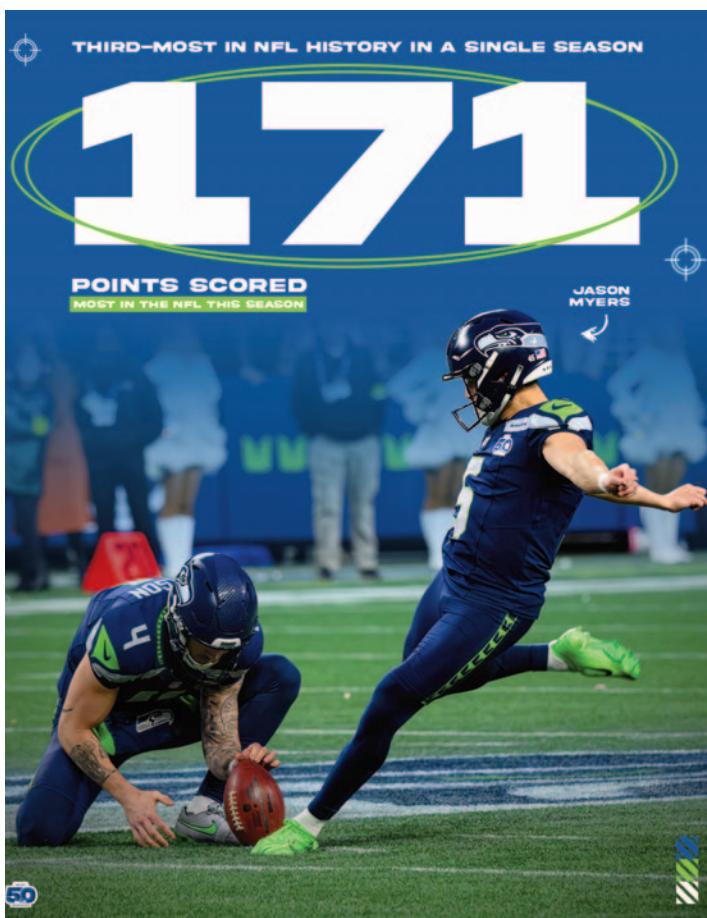
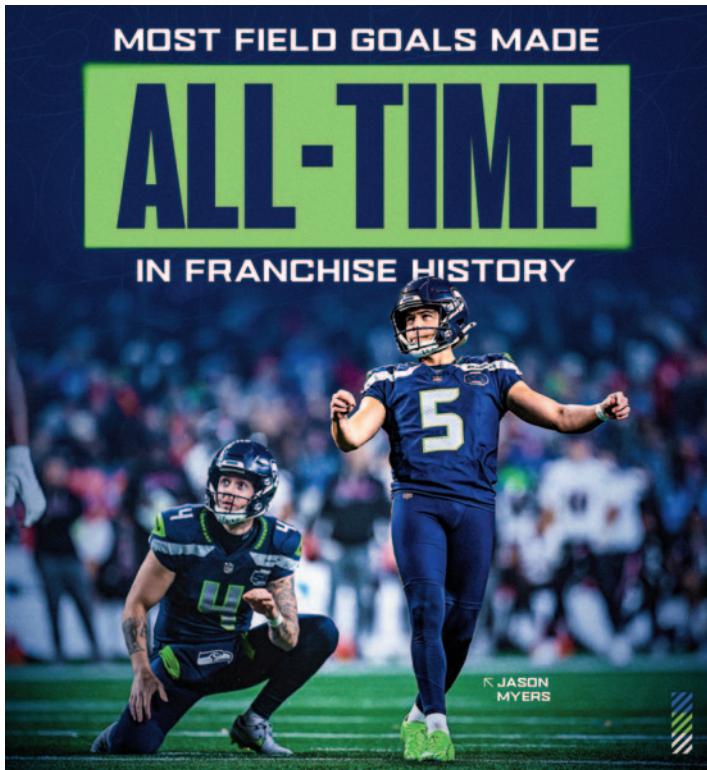
AP
1ST TEAM
2018

AP
2ND TEAM
2025





50 **PLAYER NOTES**



NFC Special Teams Player of the Month: Led the NFL with 61 points scored in November and was the fourth NFC kicker in history to record at least 60 points in a single month, and his 15 FGs tied for the third-most in a month by an NFC kicker in NFL history.

#5 JASON MYERS

171

POINTS SCORED (1ST NFL)

8

CAREER GAME-WINNING
FIELD GOALS

41

SINGLE-SEASON FRANCHISE
RECORD FOR FIELD GOALS
MADE (2025)

26

CONSECUTIVE GAMES WITH
A FIELD GOAL MADE, 2022-23,
FRANCHISE RECORD

35

FIELD GOALS MADE FROM
50+, 1ST FRANCHISE
HISTORY

9

FIELD GOALS MADE FROM 50+
EACH IN 2024 & 2025
(CAREER-HIGH AND
FRANCHISE RECORD)

200

FIELD GOALS MADE, 1ST
FRANCHISE HISTORY

86.2%

FIELD GOAL %, 3RD
FRANCHISE HISTORY

61

LONGEST FIELD GOAL MADE
IN FRANCHISE HISTORY (AT
L.A. RAMS, 11/15/20)

59

SECOND-LONGEST FIELD
GOAL MADE IN FRANCHISE
HISTORY (AT ATLANTA,
10/20/24)

37

MOST CONSECUTIVE FIELD
GOALS MADE, 6TH NFL
HISTORY (2019-21)



#22 RASHID SHAHEED

13

40-YARD TOUCHDOWNS
SINCE 2022
(RUSH, RECEIVING, PR, KOR;
T1ST NFL)



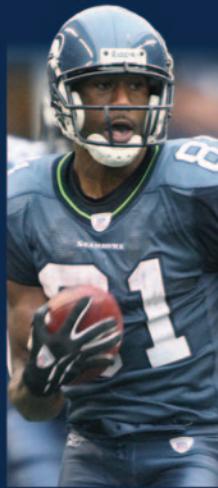
* Return Specialist





50 **PLAYER NOTES**

2007



NATE
BURLESON

2015



TYLER
LOCKETT

2025



RASHID
SHAHEED

THIRD PLAYER IN FRANCHISE HISTORY
WITH PUNT AND KICKOFF-RETURN
TOUCHDOWNS IN THE SAME SEASON



AP
2ND TEAM
2025
DEVON
WITHERSPOON

4TH

SEAHAWK
TO BE NAMED TO THE



PRO BOWL
IN EACH OF HIS FIRST
THREE
NFL SEASONS

RASHID SHAHEED
100-YARD KICKOFF RETURN TOUCHDOWN



1ST
CAREER
KICKOFF RETURN
TOUCHDOWN

3RD
LONGEST
KICKOFF RETURN
IN FRANCHISE
HISTORY

1ST
LONGEST
PLAY IN THE NFL
THIS SEASON



ZACH
CHARBONNET

**12 RUSHING
TOUCHDOWNS**
CAREER-HIGH



Seattle Seahawks / Week 18 / Through Saturday, January 3, 2026 / Regular Season

Won 14, Lost 3				Rushing		No.	Yds	Avg	Long	TD	
9/7/2025	L	13 - 17	San Francisco 49ers	K.Walker	221	1027	4.6	55t	5		
9/14/2025	W	31 - 17	at Pittsburgh Steelers	Z.Charbonnet	184	730	4.0	30	12		
9/21/2025	W	44 - 13	New Orleans Saints	S.Darnold	35	95	2.7	24	0		
9/25/2025	W	23 - 20	at Arizona Cardinals	G.Holani	22	73	3.3	9t	1		
10/5/2025	L	35 - 38	Tampa Bay Buccaneers	R.Shaheed	7	64	9.1	31	0		
10/12/2025	W	20 - 12	at Jacksonville Jaguars	J.Smith-Njigba	7	36	5.1	11	0		
10/20/2025	W	27 - 19	Houston Texans	V.Jones	4	32	8.0	25	0		
11/2/2025	W	38 - 14	at Washington	J.Wright	5	20	4.0	10	0		
			Commanders	A.Barner	10	14	1.4	2	1		
11/9/2025	W	44 - 22	Arizona Cardinals	M.Gaskin	3	6	2.0	3	0		
11/16/2025	L	19 - 21	at Los Angeles Rams	J.Milroe	3	4	1.3	3	0		
11/23/2025	W	30 - 24	at Tennessee Titans	D.Lock	6	-5	-0.8	0	0		
11/30/2025	W	26 - 0	Minnesota Vikings	Team	507	2096	4.1	55t	19		
12/7/2025	W	37 - 9	at Atlanta Falcons	Opponents	418	1563	3.7	55	9		
12/14/2025	W	18 - 16	Indianapolis Colts	Receiving	No.	Yds	Avg	Long	TD		
12/18/2025	W	38 - 37	Los Angeles Rams	J.Smith-Njigba	119	1793	15.1	63t	10		
12/28/2025	W	27 - 10	at Carolina Panthers	A.Barner	52	519	10.0	61	6		
1/3/2026	W	13 - 3	at San Francisco 49ers	C.Kupp	47	593	12.6	67	2		
				K.Walker	31	282	9.1	46	0		
			Seattle	Opponent	Z.Charbonnet	20	144	7.2	21	0	
Total First Downs				R.Shaheed	15	188	12.5	33	0		
Rushing		125		E.Arroyo	15	179	11.9	32	1		
Passing		179		T.Horton	13	161	12.4	25t	5		
Penalty		36		E.Saubert	4	31	7.8	12	0		
3rd Down: Made/Att		82/206		C.White	3	90	30.0	60t	1		
3rd Down Pct.		39.8%		D.Young	2	48	24.0	36	0		
4th Down: Made/Att		7/12		J.Bobo	2	20	10.0	17	0		
4th Down Pct.		58.3%		G.Holani	2	15	7.5	11	0		
Possession Avg.				N.Kallerup	0	0	0.0	0	0		
Total Net Yards				B.Russell	0	0	0.0	0	0		
Avg. Per Game		351.4		Team	325	4063	12.5	67	25		
Total Plays		1015		Opponents	375	3619	9.7	65	20		
Avg. Per Play		5.9		Interceptions		No.	Yds	Avg	Long	TD	
Net Yards Rushing				E.Jones	5	150	30.0	85t	1		
Avg. Per Game		123.3		C.Bryant	4	43	10.8	28	0		
Total Rushes		507		D.Kendrick	2	0	0.0	0	0		
Net Yards Passing				T.Woolen	1	30	30.0	30	0		
Avg. Per Game		3877		J.Love	1	26	26.0	26	0		
Sacked/Yards Lost		27/186		D.Witherspoon	1	3	3.0	3	0		
Gross Yards		4063		N.Emmanwori	1	0	0.0	0	0		
Attempts/Completions		481/325		J.Jobe	1	0	0.0	0	0		
Completion Pct.		67.6%		T.Okada	1	0	0.0	0	0		
Had Intercepted		15		D.Thomas	1	0	0.0	0	0		
Punts/Average				Team	18	252	14.0	85t	1		
Net Punting Avg.				Opponents	15	231	15.4	56	0		
Penalties/Yards		100/793		Punting		No.	Yds	Avg	Net	TB	
Fumbles/Ball Lost		26/13		M.Dickson	52	2548	49.0	42.2	3	20	
Touchdowns				Team	52	2548	49.0	42.2	3	20	
Rushing		51		Opponents	73	3373	46.2	39.0	4	31	
Passing		19		Punt Returns		Ret	FC	Yds	Avg	Long	
Returns		9		T.Horton	16	9	238	14.9	95t	1	
Score By Periods				R.Shaheed	13	17	210	16.2	58t	1	
Team		Q1 106	Q2 136	Team	29	26	448	15.4	95t	2	
Opponents		121	112	Opponents	19	17	295	15.5	90t	1	
Scoring				Kickoff Returns		No.	Yds	Avg	Long	TD	
TD	Ru	Pa	Rt	PAT	FG	2Pt	Pts				
J.Myers	0	0	0	48/48	41/48	0	171				
Z.Charbonnet	12	12	0	0	0/0	0/0	1	74			
J.Smith-Njigba	10	0	10	0	0/0	0/0	0	60			
A.Barner	7	1	6	0	0/0	0/0	0	42			
T.Horton	6	0	5	1	0/0	0/0	0	36			
K.Walker	5	5	0	0	0/0	0/0	0	30			
C.Kupp	2	0	2	0	0/0	0/0	0	14			
D.Lawrence	2	0	0	2	0/0	0/0	0	12			
R.Shaheed	2	0	0	2	0/0	0/0	0	12			
E.Arroyo	1	0	1	0	0/0	0/0	0	6			
G.Holani	1	1	0	0	0/0	0/0	0	6			
E.Jones	1	0	0	1	0/0	0/0	0	6			
C.White	1	0	1	0	0/0	0/0	0	6			
E.Saubert	0	0	0	0	0/0	0/0	1	2			
Team	50	19	25	6	48/48	41/48	3	477			
Opponents	31	9	20	2	25/26	25/31	3	292			

2-Pt. Conversions: Team 3/3, Opponents: 3/5

Sacks: U.Nwosu 7.0, L.Williams 7.0, B.Murphy 7.0, D.Lawrence 6.0, D.Thomas 3.5, J.Reed 2.5, N.Emmanwori 2.5, T.Knight 2.0, B.Mafe 2.0, D.Hall 2.0, T.Okada 1.5, J.Love 1.0, P.O'Connell 1.0, D.Bell 0.5, D.Witherspoon 0.5, J.Jobe 0.5, E.Jones 0.5 **Team:**

47.0, Opponents: 27.0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack	Lost	Rating
S.Darnold	477	323	4048	67.7%	8.5	25	5.2%	14	2.9%	67	27/	186	99.1
D.Lock	3	2	15	66.7%	5.0	0	0.0%	0	0.0%	11	0/	0	78.5
C.Kupp	1	0	0	0.0%	0.0	0	0.0%	1	100.0%	0	0/	0	0.0
Team	481	325	4063	67.6%	8.4	25	5.2%	15	3.1%	67	27/	186	97.9
Opponents	600	375	3619	62.5%	6.0	20	3.3%	18	3.0%	65	47/	322	77.9



DEFENSIVE STATS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Jones IV, E.	126	60	66	0.5	0.0	4	1	5	7	0	0
Thomas, D.	89	44	45	3.5	20.5	10	6	1	8	0	1
Emmanwori, N.	81	56	25	2.5	13.0	8	4	1	11	0	0
Witherspoon, D.	72	48	24	0.5	3.5	2	4	1	7	0	1
Bryant, C.	64	39	25	0	0	4	0	4	7	1	0
Okada, T.	64	45	19	1.5	11.5	3	2	1	6	0	1
Murphy II, B.	62	22	40	7.0	44.5	7	13	0	0	0	0
Williams, L.	62	33	29	7.0	44.5	9	22	0	1	0	0
Jobe, J.	54	41	13	0.5	3.5	0	2	1	12	0	0
Lawrence, D.	53	24	29	6.0	42.0	11	20	0	1	3	3
Knight, T.	49	30	19	2.0	28.0	6	2	0	0	2	0
Woolen, R.	41	33	8	0	0	1	1	1	12	0	0
Nwosu, U.	35	17	18	7.0	54.5	7	15	0	3	0	0
Love, J.	34	23	11	1.0	12.0	1	1	1	6	0	0
Mafe, B.	31	11	20	2.0	18.0	4	4	0	5	1	0
Reed, J.	31	11	20	2.5	16.0	3	8	0	0	0	0
Hall, D.	30	11	19	2.0	5.0	3	13	0	2	0	0
Pili, B.	11	0	11	0	0	0	0	0	0	0	0
Bell, D.	10	4	6	0.5	4.5	1	1	0	0	0	0
Morris, M.	10	5	5	0	0	2	2	0	1	0	0
O'Connell, P.	10	4	6	1.0	1.0	1	1	0	0	0	0
Griffin, S.	7	7	0	0	0	0	0	0	0	0	0
Kendrick, D.	7	4	3	0	0	1	0	2	5	0	0
Pritchett, N.	4	2	2	0	0	0	0	0	2	0	0
Bohanna, Q.	3	0	3	0	0	0	0	0	0	0	0
Mills, R.	3	1	2	0	0	0	0	0	0	0	0
Reed II, Je.	2	1	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Russell, B.	14	10	4	0	0	0
Surratt, C.	11	4	7	0	0	0
Pritchett, N.	10	9	1	0	0	0
O'Connell, P.	9	4	5	0	0	0
Saubert, E.	9	5	4	0	0	0
Young, D.	9	7	2	0	0	0
Knight, T.	8	7	1	0	0	0
Morris, M.	8	6	2	0	0	0
Thomas, D.	7	3	4	0	0	0
White, C.	7	4	3	0	0	0
Bell, D.	5	2	3	0	0	1
O'Toole, C.	5	3	2	0	1	0
Bobo, J.	3	1	2	0	0	0
Holani, G.	3	1	2	0	0	0
Bryant, C.	2	0	2	0	0	0
Kallerup, N.	2	2	0	0	0	0
Myers, J.	2	2	0	0	0	0
Reed II, Je.	2	1	1	0	0	0
Barner, A.	1	1	0	0	0	0
Jones, V.	1	0	1	0	0	0
Okada, T.	1	1	0	0	0	0
Pili, B.	1	1	0	1	0	0
Sheriff, J.	1	1	0	0	0	0
Stoll, C.	1	0	1	0	0	0
Emmanwori, N.	0	0	0	0	0	1
Love, J.	0	0	0	0	0	1

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Darnold, S.	11	6	1	1
Smith-Njigba, J.	3	1	0	2
Barner, A.	2	0	2	0
Lock, D.	2	0	2	0
Arroya, E.	1	1	0	0
Bryant, C.	1	1	0	0
Holani, G.	1	1	0	0
Kupp, C.	1	1	1	0
Milroe, J.	1	1	0	0
Shaheed, R.	1	0	0	0
Walker III, K.	1	0	1	0
Woolen, R.	1	1	0	0
Charbonnet, Z.	0	0	1	0
Russell, B.	0	0	1	0
Saubert, E.	0	0	1	0



Seattle Seahawks / Week 3 / Through Sunday, January 25, 2026 / Post Season

Won 2, Lost 0

							Rushing		No.	Yds	Avg	Long	TD	
1/17/2026	W	41 - 6	San Francisco 49ers		K.Walker	38	178	4.7	15t	4				
1/25/2026	W	31 - 27	Los Angeles Rams		R.Shaheed	3	27	9.0	30	0				
			Seattle	Opponent	Z.Charbonnet	5	20	4.0	15	0				
Total First Downs			43	41	V.Jones	6	10	1.7	6	0				
Rushing			14	12	S.Darnold	3	9	3.0	14	0				
Passing			26	27	G.Holani	3	4	1.3	3	0				
Penalty			3	2	A.Barner	1	2	2.0	2	0				
3rd Down: Made/Att			11/23	7/20	Team	59	250	4.2	30	4				
3rd Down Pct.			47.8%	35.0%	Opponents	49	222	4.5	19	0				
4th Down: Made/Att			0/0	1/5	Receiving	No.	Yds	Avg	Long	TD				
4th Down Pct.			0.0	20.0%	J.Smith-Njigba	13	172	13.2	42	2				
Possession Avg.			31:31	28:30	C.Kupp	9	96	10.7	21	1				
Total Net Yards			677	715	K.Walker	7	78	11.1	15	0				
Avg. Per Game			338.5	357.5	G.Holani	3	27	9.0	13	0				
Total Plays			117	118	J.Bobo	2	33	16.5	17t	1				
Avg. Per Play			5.8	6.1	A.Barner	2	13	6.5	7	0				
Net Yards Rushing			250	222	R.Shaheed	1	51	51.0	51	0				
Avg. Per Game			125.0	111.0	R.Ouzts	0	0	0.0	0	0				
Total Rushes			59	49	Team	37	470	12.7	51	4				
Net Yards Passing			427	493	Opponents	39	518	13.3	44	3				
Avg. Per Game			213.5	246.5	Interceptions	No.	Yds	Avg	Long	TD				
Sacked/Yards Lost			5/43	3/25	E.Jones	1	0	0.0	0	0				
Gross Yards			470	518	Team	1	0	0.0	0	0				
Attempts/Completions			53/37	66/39	Punting	No	Yds	Avg	Net	TB	In	Lg	B	
Completion Pct.			69.8%	59.1%	M.Dickson	8	375	46.9	46.4	0	7	56	0	
Had Intercepted			0	1	Team	8	375	46.9	46.4	0	7	56	0	
Punts/Average			8/46.9	3/45.0	Opponents	3	135	45.0	45.0	0	2	51	0	
Net Punting Avg.			46.4	45	Punt Returns	Ret	FC	Yds	Avg	Long	TD			
Penalties/Yards			8/55	7/66	R.Shaheed	0	3	0	0.0	0	0	0		
Fumbles/Ball Lost			2/0	7/3	Team	0	3	0	0.0	0	0	0		
Touchdowns			9	3	Opponents	4	3	4	1.0	6	0			
Rushing			4	0	Kickoff Returns	No.	Yds	Avg	Long	TD				
Passing			4	3	R.Shaheed	3	147	49.0	95	1				
Returns			1	0	Team	3	147	49.0	95t	1				
Score By Periods		Q1	Q2	Q3	Q4	OT	Pts							
Team		27	14	24	7	0	72							
Opponents		3	16	14	0	0	33							
Scoring	TD	Ru	Pa	Rt	PAT	FG	2Pt	Pts	Field Goals	1-19	20-29	30-39	40-49	50+
K.Walker	4	4	0	0	0/0	0/0	0	24	J.Myers	0/0	2/2	1/1	0/0	0/0
J.Myers	0	0	0	0	9/9	3/3	0	18	Team	0/0	2/2	1/1	0/0	0/0
J.Smith-	2	0	2	0	0/0	0/0	0	12	Opponents	0/0	0/0	0/0	2/2	2/2
Njigba									Fumbles Lost: Total: 0					
J.Bobo	1	0	1	0	0/0	0/0	0	6	Opponent Fumble Recoveries: J.Love 1, D.Young 1,					
C.Kupp	1	0	1	0	0/0	0/0	0	6	N.Emmanwori 1 Total: 3					
R.Shaheed	1	0	0	1	0/0	0/0	0	6						
Team	9	4	4	1	9/9	3/3	0	72						
Opponents	3	0	3	0	3/3	4/4	0	33						

2-Pt. Conversions: Team 0/0, Opponents: 0/0

Sacks: D.Lawrence 2.0, L.Williams 1.0 **Team: 3.0, Opponents: 5.0**

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack	Lost	Rating
S.Darnold	53	37	470	69.8%	8.9	4	7.5%	0	0.0%	51	5/	43	122.4
Team	53	37	470	69.8%	8.9	4	7.5%	0	0.0%	51	5/	43	122.4
Opponents	66	39	518	59.1%	7.8	3	4.5%	1	1.5%	44	3/	25	92.9



POSTSEASON DEFENSIVE STATS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Jones IV, E.	14	10	4	0	0	0	0	1	1	1	0
Witherspoon, D.	13	9	4	0	0	0	0	0	3	0	0
Thomas, D.	12	4	8	0	0	1	0	0	0	0	0
Emmanwori, N.	8	6	2	0	0	0	0	0	4	0	1
Murphy II, B.	7	4	3	0	0	0	0	0	0	0	0
Bryant, C.	6	5	1	0	0	0	0	0	1	0	0
Knight, T.	6	5	1	0	0	0	0	0	0	0	0
Love, J.	6	4	2	0	0	0	0	0	0	0	1
Lawrence, D.	5	5	0	2.0	11.0	3	4	0	1	3	0
Jobe, J.	4	3	1	0	0	0	0	0	0	1	0
Mafe, B.	4	2	2	0	0	0	0	0	0	0	0
Reed, J.	4	1	3	0	0	0	0	0	0	0	0
Woolen, R.	4	2	2	0	0	0	0	0	4	0	0
Hall, D.	3	2	1	0	0	0	0	0	0	0	0
Pili, B.	3	2	1	0	0	0	0	0	0	0	0
Williams, L.	3	2	1	1.0	14.0	1	3	0	0	0	0
Nwosu, U.	2	1	1	0	0	0	0	1	0	0	0
O'Connell, P.	1	1	0	0	0	0	0	0	0	0	0
Okada, T.	1	0	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Morris, M.	4	1	3	0	0	0
Knight, T.	3	1	2	0	0	0
Saubert, E.	3	1	2	0	0	0
O'Toole, C.	2	0	2	0	0	0
Russell, B.	2	1	1	0	0	0
Young, D.	2	0	2	0	1	0
Bobo, J.	1	1	0	0	0	0
Jones Jr., V.	1	0	1	0	0	0
O'Connell, P.	1	0	1	0	0	0
Okada, T.	1	1	0	0	0	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Barner, A.	1	0	0	1
Darnold, S.	1	0	1	0

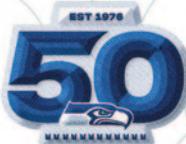




50 TRANSACTIONS

Jan. 1	Placed on injured reserve	TE Brady Russell	April 29	Released	LB Michael Dowell
	Signed from practice squad	WR John Rhys Plumlee			QB Jaren Hall
Jan. 4	Elevated from practice squad	DT Quinton Bohanna			C Mike Novitsky
	Placed on injured reserve	TE Tyler Mabry	May 2	Signed	DE Kenneth Odumegwu
	Signed from practice squad	CB Josh Jobe			CB Zy Alexander
Jan. 6	Reverted to practice squad	T Abraham Lucas			WR Tyrone Broden
	Signed to future 2025 contract	CB Artie Burns			LB Seth Coleman
Jan. 17	Signed to future 2025 contract	NT Brandon Pili			LB Jalan Gaines
Jan. 26	Named offensive coordinator	DT Quinton Bohanna			LB Jared Ivey
Feb. 3	Signed to future 2025 contract	TE Tyler Mabry			DE T.J. Jackson
Feb. 5	Named defensive asst./special teams coach	DT Quinton Bohanna			TE Nick Kallerup
Feb. 11	Named offensive line coach	CB Ryan Cooper			T Amari Kight
	Named offensive assistant	LB Michael Dowell			TE Marshall Lang
	Named quarterbacks coach	CB Tyler Hall			C Federico Maranges
Feb. 18	Named run game coord./sr. offensive advisor	C Mike Novitsky			LB Connor O'Toole
	Named run game specialist/asst. off. line coach	DE Kenneth Odumegwu			DT DeMeco Roland
Feb. 21	Released	S Ty Okada			NT J.R. Singleton
March 4	Released	WR Cornell Powell			NT Bubba Thomas
March 5	Released	LB Jamie Sheriff			CB Isas Waxter
March 6	Re-signed	LB Tyreke Smith			LB Jackson Woodard
March 10	Re-signed	CB Damarion Williams			RB Jacardia Wright
March 11	Re-signed	CB JT Woods			DE T.J. Jackson
March 13	Traded to Pittsburgh	Klint Kubiak			LB Jackson Woodard
	Acquired from Pittsburgh	G Sala Aumavae-Laulu			WR River Cracraft
	Traded to Las Vegas	Neiko Thorpe			G Bryce Cabeldue
	Acquired from Las Vegas	John Benton			WR Montorie Foster Jr.
	Signed	Michael Byrne			WR Tory Horton
		Andrew Janocko			LB D'Eryk Jackson
March 14	Re-signed	Rick Dennison			RB Damien Martinez
March 18	Signed	Justin Utten			DE Rylie Mills
March 19	Signed	CB Ryan Cooper			FB Robbie Ouzts
March 21	Re-signed	WR Cornell Powell			T/G Mason Richman
	Signed	T George Fant			WR Ricky White III
March 24	Signed	S Rayshawn Jenkins			G Grey Zabel
March 25	Signed	LB Dre'Mont Jones			G Sala Aumavae-Laulu
April 9	Re-signed	DT Roy Robertson-Harris			WR Nate McCollum
April 15	Signed	WR Tyler Lockett			QB Jalen Milroe
April 23	Released	CB Josh Jobe			DT DeMeco Roland
		DT Jarran Reed			DT Anthony Campbell
		LB Ernest Jones IV			WR Nate McCollum
		WR DK Metcalf			TE Mitch Van Vooren
		2025 sixth-round pick			TE Mitch Van Vooren
		2025 second-round pick			P Michael Dickson
		2025 seventh-round pick			T Luke Felix-Fualalo
		QB Geno Smith			CB Shaquill Griffin
		2025 third-round pick			S Nick Emmanwori
		QB Sam Darnold			TE Elijah Arroyo
		G/T Josh Jones			TE Noah Fant
		DE DeMarcus Lawrence			CB Zy Alexander
		WR Marquez Valdes-Scantling			CB Kam Alexander
		WR Cody White			NT Justin Rogers
		WR Cooper Kupp			RB Kenny McIntosh
		CB Shemar Jean-Charles			RB Donovan Kaufman
		LB Josh Ross			NT Justin Rogers
		WR River Cracraft			DT Thor Griffith
		S D'Anthony Bell			Pres. of FB Ops./GM John Schneider
		TE Eric Saubert			DT Thor Griffith
		WR Steven Sims			CB Keydrain Calligan
		TE Brady Russell			S AJ Finley
		QB Drew Lock			LB Seth Coleman
		NT Cameron Young			LB Michael Dowell
					LS Zach Triner

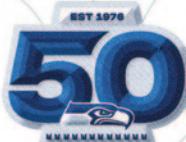




TRANSACTIONS

Aug. 5	Released	RB Donovan Kaufman	Aug. 27	Signed to practice squad (cont.)	RB Anthony Tyus III
	Signed	RB Anthony Tyus III			WR Ricky White III
Aug. 6	Released	WR Montorie Foster Jr.			RB Jacardia Wright
	Signed	LB Seth Coleman	Aug. 28	Released from practice squad	DT Anthony Campbell
Aug. 11	Released	CB Kam Alexander			LB Jalan Gaines
	Signed	LB Alphonzo Tuputala			RB Anthony Tyus III
Aug. 14	Released	LB Michael Dowell			CB Shaquill Griffin
	Signed	FB Wesley Steiner			WR Courtney Jackson
Aug. 26	Traded to Atlanta	T Michael Jerrell			LB Chris Paul Jr.
	Acquired from Atlanta	2027 conditional draft pick			S D'Anthony Bell
	Veteran contract terminated	NT Quinton Bohanna			LB Chazz Surratt
		CB Shemar Jean-Charles			G Sataoa Laumea
	Released/injury settlement	LS Zach Triner			S D'Anthony Bell
		WR Marquez Valdes-Scantling	Sept. 1	Released from practice squad	CB Shemar Jean-Charles
		CB Tyler Hall			T Amari Kight
	Waived/injured	WR Steven Sims			RB Damien Martinez
		CB Isas Waxter			DT Anthony Campbell
	Placed on reserve/non-football injury	WR John Rhys Plumlee			LB Jalan Gaines
		FB Wesley Steiner			G Sataoa Laumea
	Placed on injured reserve	DT Johnathan Hankins			T Abraham Lucas
	Released	DE Rylie Mills			DT Quinton Bohanna
		G Christian Haynes			CB Shaquill Griffin
		WR Tyrone Broden			DT Quinton Bohanna
		CB Keydrain Calligan			CB Shaquill Griffin
		DT Anthony Campbell			WR Cody White
		LB Seth Coleman			CB Shaquill Griffin
		T Luke Felix-Fualalo			WR Cody White
		DE Jalan Gaines			S D'Anthony Bell
		LB D'Eryk Jackson			DT Brandon Pili
		T Amari Kight			S D'Anthony Bell
		TE Marshall Lang			DT Brandon Pili
		G Sataoa Laumea			CB Shaquill Griffin
		C Federico Maranges			WR Cody White
		RB Damien Martinez			CB Shaquill Griffin
		LB Patrick O'Connell			WR Cody White
		NT Brandon Pili			RB Damien Martinez
		S Jerrick Reed II			WR Cody White
		LB Josh Ross			S Jerrick Reed II
		LB Jamie Sheriff			G Shane Lemieux
		DT J.R. Singleton			S D'Anthony Bell
		LB Tyreke Smith			RB Jacardia Wright
		DT Bubba Thomas			S D'Anthony Bell
		LB Alphonzo Tuputala			RB Jacardia Wright
		RB Anthony Tyus III			S Jerrick Reed II
		WR Ricky White III			WR Cody White
		CB Damarion Williams			CB Shaquill Griffin
		RB Jacardia Wright			WR Cody White
		CB Shaquill Griffin			RB Damien Martinez
		CB Derion Kendrick			WR Cody White
		NT Quinton Bohanna			S Jerrick Reed II
		WR Tyrone Broden			G Shane Lemieux
		DT Anthony Campbell			S D'Anthony Bell
		DE Jalan Gaines			RB Jacardia Wright
		CB Shemar Jean-Charles			S D'Anthony Bell
		T Amari Kight			RB Jacardia Wright
		G Sataoa Laumea			S Jerrick Reed II
		C Federico Maranges			WR Cody White
		RB Damien Martinez			CB Shaquill Griffin
		LB Patrick O'Connell			WR Cody White
		NT Brandon Pili			RB Khalil Herbert
		S Jerrick Reed II			FB Robbie Ouzts
		LB Jamie Sheriff			S D'Anthony Bell
		DT J.R. Singleton			S Jerrick Reed II
Aug. 27	Released				T Amari Kight
	Claimed off waivers				DT Brandon Pili
	Signed to practice squad				T Amari Kight
					DT Brandon Pili
					T Logan Brown
					RB Khalil Herbert
					RB Myles Gaskin
					DT Brandon Pili
					S Jerrick Reed II
					DT Brandon Pili
					S Jerrick Reed II
					G Shane Lemieux
					S Maxen Hook





TRANSACTIONS

Oct. 9	Released Signed from practice squad Signed to practice squad	WR Cody White DT Brandon Pili WR Cody White	Nov. 24	Reverted to practice squad	LB Patrick O'Connell LB Jamie Sheriff
Oct. 11	Elevated from practice squad	CB Shaquill Griffin S Jerrick Reed II	Nov. 26	Placed on injured reserve Released Signed Signed from practice squad	LB Chazz Surratt CB Derion Kendrick RB Cam Akers CB Shaquill Griffin LB Patrick O'Connell
Oct. 13	Reverted to practice squad	CB Shaquill Griffin S Jerrick Reed II		Released from practice squad Signed to practice squad	T Logan Brown S Quandre Diggs
Oct. 15	Released from practice squad Signed to practice squad	WR Tyrone Broden WR Tyler Scott			RB Myles Gaskin
Oct. 20	Elevated from practice squad	CB Shaquill Griffin S Jerrick Reed II			WR Jimmy Holiday
Oct. 21	Reverted to practice squad	CB Shaquill Griffin S Jerrick Reed II	Nov. 29	Placed on injured reserve Signed from practice squad Elevated from practice squad	RB George Holani RB Myles Gaskin
Oct. 22	Released Signed	TE Eric Saubert TE Eric Saubert	Dec. 1	Reverted to practice squad	S Quandre Diggs
Oct. 24	Released from practice squad Signed to practice squad	WR Tyler Scott	Dec. 2	Released Released from practice squad	RB Velus Jones
Oct. 29	Released from practice squad Signed to practice squad	WR Tyrone Broden RB Myles Gaskin	Dec. 3	Signed to practice squad Signed to practice squad	S Quandre Diggs
Oct. 30	Released from practice squad Signed to practice squad	RB Velus Jones Jr. RB Velus Jones Jr.	Dec. 4	Released	RB Myles Gaskin
Nov. 1	Placed on injured reserve Activated from reserve Signed from practice squad Elevated from practice squad	RB Myles Gaskin S Julian Love TE Eric Saubert FB Robbie Ouzts S Jerrick Reed II WR Cody White	Dec. 6	Activated from reserve	C Doug Kramer
Nov. 3	Reverted to practice squad	WR Ricky White III WR Cody White WR Ricky White III	Dec. 8	Elevated from practice squad	WR Brenden Rice
Nov. 4	Traded to New Orleans Acquired from New Orleans	2026 fourth-round pick 2026 fifth-round pick	Dec. 11	Reverted to practice squad Released	LB Ja'Markis Weston
Nov. 5	Released Signed to practice squad	WR Rashid Shaheed S Jerrick Reed II	Dec. 13	Released from practice squad	T Logan Brown
Nov. 6	Released from practice squad Signed to practice squad	WR Mac Dalena T Logan Brown		Signed to practice squad	RB Myles Gaskin
Nov. 8	Placed on injured reserve Signed from practice squad Released from practice squad Signed to practice squad Elevated from practice squad	TE Marshall Lang DT Jarran Reed WR Dareke Young DT Quinton Bohanna WR Cody White	Dec. 15	Elevated from practice squad	WR Jimmy Holiday
Nov. 10	Reverted to practice squad	WR Mac Dalena T Logan Brown	Dec. 16	Reverted to practice squad	RB Cam Akers
Nov. 12	Signed to practice squad	LB Patrick O'Connell WR Ricky White III	Dec. 17	Released	CB Shaquill Griffin
Nov. 14	Placed on practice squad/injured reserve Signed to practice squad	CB Mike Reid DT Bubba Thomas	Dec. 18	Released from practice squad Signed to practice squad	RB Myles Gaskin
Nov. 15	Placed on injured reserve Activated from reserve Elevated from practice squad	WR Tyrone Broden CB Tyler Hall	Dec. 19	Activated from reserve	WR Jimmy Holiday
Nov. 17	Reverted to practice squad	C Jalen Sundell		Elevated from practice squad	RB Cam Akers
Nov. 18	Released from practice squad Signed to practice squad	G Christian Haynes LB Patrick O'Connell	Dec. 20	Reverted to practice squad	T Amari Kight
Nov. 20	Released from practice squad Signed to practice squad	LB Patrick O'Connell TE Marshall Lang	Dec. 22	Suspended by commissioner Signed from practice squad	RB Cam Akers
Nov. 22	Placed on injured reserve Elevated from practice squad	CB Mike Reid RB Velus Jones	Dec. 27	Signed to practice squad	T Amari Kight
		WR Brenden Rice	Dec. 29	Elevated from practice squad	LB Derick Hall
		RB Myles Gaskin	Dec. 30	Reverted to practice squad	S D'Anthony Bell
		C Doug Kramer		Signed to practice squad	CB Tyler Hall
		WR Tory Horton		Placed on injured reserve	RB Cam Akers
		LB Patrick O'Connell		Signed from practice squad	T Amari Kight
		LB Jamie Sheriff	Jan. 3	Elevated from practice squad	WR Cody White





TRANSACTIONS

Jan. 5	Reverted to practice squad	RB Cam Akers
		CB Tyler Hall
Jan. 17	Elevated from practice squad	RB Velus Jones Jr.
Jan. 19	Reverted to practice squad	RB Velus Jones Jr.
Jan. 23	Placed on injured reserve	G Bryce Cabeldue
	Activated from reserve	RB Zach Charbonnet
		TE Elijah Arroyo
Jan. 24	Elevated from practice squad	RB George Holani
		RB Cam Akers
Jan. 26	Reverted to practice squad	RB Velus Jones Jr.
		RB Cam Akers
		RB Velus Jones Jr.

(4,274th transaction since 2010)





PARTICIPATION CHART



Date Game	1 9/7 SF	2 9/14 @Pit	3 9/21 NO	4 9/25 @Ari	5 10/5 TB	6 10/12 @Jac	7 10/20 Hou	8 11/2 @Was	9 11/9 Ari	10 11/16 @LAR	11 11/23 @Ten	12 11/30 Min	13 12/7 @Atl	14 12/14 Ind	15 12/18 LAR	16 12/28 @Car	17 1/3 @SF	G	2025 S	IN	DNP		
Akers, C.	te	TE	te	te	TE	TE	TE	TE	TE	TE	TE	in	in	ps	sub	sub	rb	3	0	2	0		
Arroyo, E.	TE	TE	TE	TE	s	s	s	sub	s	sub	TE	TE	TE	ir	ir	TE	TE	TE	13	4	0	0	
Barner, A.	S	S	wr	wr	wr	wr	wr	ps	in	in	s	s	s	s	ps	ps	s	wr	17	0	0	0	
Bell, D.	ps	wr	wr	wr	wr	wr	wr	ps	in	in	wr	wr	wr	wr	wr	wr	wr	wr	14	2	0	0	
Bobo, J.	in	wr	wr	wr	wr	wr	wr	ps	in	in	dt	dt	dt	dt	dt	dt	dt	dt	11	0	6	0	
Bohanna, Q.	dt	ps	ps	ps	ps	ps	ps	ps	dt	dt	RG	RG	RG	S	S	S	S	S	5	0	0	0	
Bradford, A.	RG	RG	RG	RG	S	S	S	RG	S	S	S	S	S	c	c	c	c	c	17	17	0	0	
Bryant, C.	S	S	S	S	dnp	dnp	dnp	dnp	g	g	rb	rb	rb	rb	rb	rb	rb	rb	15	2	2	0	
Cabeldu, B.	dnp	sub	g	g	rb	rb	rb	rb	rb	rb	LT	LT	LT	LT	LT	LT	LT	LT	16	0	4	5	
Charbonnet, Z.	rb	rb	in	in	LT	LT	LT	LT	LT	LT	QB	QB	QB	QB	QB	QB	QB	QB	14	0	1	0	
Cross, C.	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	QB	QB	QB	QB	QB	QB	QB	QB	14	14	3	0	
Darnold, S.	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	p	p	p	p	p	p	p	p	17	0	0	0	
Dickson, M.	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	1	0	0	0		
Diggs, Q.	s	in	in	in	S	S	S	S	S	S	S	S	S	S	S	S	S	14	11	3	0		
Emmanwori, N.	dnp	cb	ps	ps	LB	LB	LB	LB	in	in	lb	lb	lb	lb	lb	lb	lb	lb	2	1	2	2	
Griffin, S.	lb	lb	lb	lb	LB	LB	LB	LB	lb	lb	ps	ps	ps	ps	ps	ps	ps	ps	14	1	3	0	
Hall, D.	sub	sub	sub	sub	LB	LB	LB	LB	LB	LB	lb	lb	lb	lb	lb	lb	lb	lb	1	0	0	0	
Hall, T.	ir	ir	ir	ir	sub	sub	sub	sub	ir	ir	rb	rb	rb	rb	rb	rb	rb	rb	8	0	0	0	
Haynes, C.	sub	sub	rb	rb	wr	wr	wr	wr	wr	wr	in	in	in	in	in	in	in	in	11	0	0	0	
Holani, G.	wr	wr	wr	wr	WR	WR	WR	WR	WR	WR	in	in	in	in	in	in	in	in	11	0	0	0	
Horton, T.	in	in	lb	lb	in	in	in	in	in	in	CB	CB	CB	CB	CB	CB	CB	CB	2	0	2	0	
Ivey, J.	cb	cb	CB	CB	CB	CB	CB	CB	CB	CB	LB	LB	LB	LB	LB	LB	LB	LB	16	15	1	0	
Jobe, J.	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	t	t	t	sub	sub	sub	sub	14	15	3	0		
Jones IV, E.	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	t	t	t	sub	sub	sub	sub	14	14	3	0		
Jones, J.	t	sub	t	t	t	t	t	t	t	t	t	t	t	t	t	t	t	ps	ps	0	0		
Jones, V.	in	in	in	in	sub	sub	sub	sub	in	in	te	te	te	te	te	te	te	te	10	0	7	0	
Kallerup, N.	sub	cb	cb	cb	sub	cb	cb	cb	sub	sub	ps	ps	ps	ps	ps	ps	ps	ps	10	0	1	0	
Kendrick, D.	ps	ps	ps	ps	t	ps	ps	ps	lb	lb	sub	sub	sub	sub	sub	sub	sub	sub	10	0	0	0	
Kight, A.	LB	LB	LB	LB	lb	lb	lb	lb	sub	sub	WR	WR	WR	WR	WR	WR	WR	WR	16	6	1	0	
Knight, T.	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	LB	LB	LB	LB	LB	LB	LB	LB	16	1	1	0	
Kupp, C.	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	16	1	1	0	
Lawrence, D.	dnp	dnp	qb	dnp	dnp	dnp	dnp	dnp	qb	qb	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	5	0	0	12	
Lock, D.	in	in	in	in	in	in	in	in	in	in	RT	RT	RT	RT	RT	RT	RT	RT	17	0	4	0	
Love, J.	S	S	in	S	in	RT	RT	RT	RT	RT	lb	lb	lb	lb	lb	lb	lb	lb	17	8	4	0	
Lucas, A.	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	lb	lb	lb	lb	lb	lb	lb	lb	17	4	0	0	
Mafe, B.	LB	LB	LB	LB	lb	lb	lb	lb	lb	lb	nf	nf	nf	nf	nf	nf	nf	nf	17	0	0	0	
Mills, R.	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	in	in	in	in	in	in	in	in	13	1	1	0	
Milroe, J.	qb	in	qb	de	de	de	de	de	de	de	DT	DT	DT	DT	DT	DT	DT	DT	17	0	0	0	
Morris, M.	de	de	de	de	de	de	de	de	de	de	DT	DT	DT	DT	DT	DT	DT	DT	17	0	0	0	
Murphy II, B.	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	k	k	k	k	k	k	k	k	17	0	0	0	
Myers, J.	k	k	k	k	k	k	k	k	k	k	lb	lb	lb	lb	lb	lb	lb	lb	17	0	0	0	
Nwosu, U.	in	lb	lb	lb	lb	lb	lb	lb	lb	lb	LB	LB	LB	LB	LB	LB	LB	LB	16	11	1	0	
O'Connell, P.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	9	0	0	0	
Okada, T.	s	s	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	17	11	0	0		
Oluwatimi, O.	dnp	c	c	c	dnp	dnp	dnp	dnp	lb	lb	sub	sub	sub	sub	sub	sub	sub	sub	8	4	9	0	
O'Toole, C.	in	in	in	in	in	in	in	in	lb	lb	fb	fb	fb	fb	fb	fb	fb	fb	12	2	1	0	
Ouzts, R.	FB	fb	FB	FB	ir	ir	ir	ir	ir	ir	dt	dt	dt	dt	dt	dt	dt	dt	13	1	2	0	
Pili, B.	ps	dt	ps	dt	dt	dt	dt	dt	dt	dt	sub	sub	sub	sub	sub	sub	sub	sub	13	3	0	0	
Pritchett, N.	sub	cb	cb	cb	sub	cb	cb	cb	sub	sub	cb	cb	cb	cb	cb	cb	cb	cb	13	3	0	0	
Reed, Ja.	DT	dt	dt	dt	dt	dt	dt	dt	dt	dt	sub	sub	sub	sub	sub	sub	sub	sub	5	0	0	0	
Reed II, Je.	ps	ps	s	s	sub	sub	sub	sub	sub	sub	in	in	in	in	in	in	in	in	15	0	0	0	
Richman, M.	in	ps	in	in	t	sub	sub	sub	sub	sub	fb	fb	fb	fb	fb	fb	fb	fb	17	1	5	0	
Russell, B.	sub	sub	fb	fb	fb	fb	fb	fb	fb	fb	ir	ir	ir	ir	ir	ir	ir	ir	17	14	0	0	
Saubert, E.	te	te	te	TE	TE	TE	TE	TE	TE	TE	LG	LG	LG	LG	LG	LG	LG	LG	17	17	0	0	
Shaheed, R.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	WR	WR	WR	WR	WR	WR	WR	WR	9	3	0	0	
Sheriff, J.	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	17	0	0	0	
Smith-Njigba, J.	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	17	0	0	0	
Stoll, C.	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	17	0	0	0		
Sundell, J.	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	13	0	0	0		
Surratt, C.	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	lb	lb	lb	lb	lb	lb	lb	lb	11	0	0	0	
Thomas, D.	lb	lb	lb	lb	LB	LB	LB	LB	LB	LB	sub	sub	sub	sub	sub	sub	sub	sub	LB	LB	LB	0	
Walker III, K.	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	17	0	0	0
White, C.	wr	ps	ps	in	in	ps	ps	ps	ps	ps	wr	wr	wr	wr	wr	wr	wr	wr	wr	17	0	2	0
White III, R.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	wr	wr	wr	wr	wr	wr	wr	wr	wr	17	0	0	0
Williams, L.	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	17	0	0	0
Witherspoon, D.	CB	in	in	CB	in	in	CB	in	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB	12	5	0	0
Woolen, R.	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB	ir	ir	ir	ir	ir	ir	ir	ir	CB	16	7	1	0
Wright, J.	ps	ps	rb	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	ir	1	0	0	0
Young, D.	in	wr	wr	wr	wr	wr	wr	wr	wr	wr	LG	LG	LG	LG	LG	LG	LG	LG	LG	9	0	2	0
Zabel, G.	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	17	0	0	0

CAPS - starter; lower case - substitute at position; sub - special teams only; dnp - did not play; in - inactive; ps - practice squad; ir - injured reserve; nfi - non-football injury; sus - suspended; pup - physically unable to perform; exp - exempt





POSTSEASON PARTICIPATION CHART

Date	Game	1	2	3	2025			
		SF	LAR	NE	G	S	IN	DNP
Arroyo, E.	ir	in			0	0	1	0
Barner, A.	TE	TE			2	2	0	0
Bobo, J.	wr	wr			2	0	0	0
Bradford, A.	RG	RG			2	2	0	0
Bryant, C.	S	S			2	2	0	0
Cabeldue, B.	in	ir			0	0	1	0
Charbonnet, Z.	rb	ir			1	0	0	0
Cross, C.	LT	LT			2	2	0	0
Darnold, S.	QB	QB			2	2	0	0
Dickson, M.	p	p			2	0	0	0
Emmanwori, N.	S	S			2	2	0	0
Hall, D.	lb	lb			2	0	0	0
Haynes, C.	g	in			1	0	1	0
Holani, G.	ir	rb			1	0	0	0
Ivey, J.	in	in			0	0	2	0
Jobe, J.	CB	CB			2	2	0	0
Jones IV, E.	LB	LB			2	2	0	0
Jones, J.	in	sub			1	0	1	0
Jones, V.	rb	in			1	0	1	0
Kallerup, N.	te	te			2	0	0	0
Kight, A.	t	in			2	0	0	0
Knight, T.	lb	lb			2	0	0	0
Kupp, C.	WR	WR			2	2	0	0
Lawrence, D.	LB	LB			2	2	0	0
Lock, D.	qb	dnp			1	0	0	1
Love, J.	S	S			2	2	0	0
Lucas, A.	RT	RT			2	2	0	0
Mafe, B.	lb	lb			2	0	0	0
Mills, R.	in	de			1	0	1	0
Milroe, J.	in	in			0	0	2	0
Morris, M.	de	sub			2	0	0	0
Murphy II, B.	DT	DT			2	2	0	0
Myers, J.	k	k			2	0	0	0
Nwosu, U.	LB	lb			2	1	0	0
O'Connell, P.	lb	sub			2	0	0	0
Okada, T.	s	s			2	0	0	0
Oluwatimi, O.	c	dnp			1	0	1	0
O'Toole, C.	lb	sub			2	0	0	0
Ouzts, R.	fb	in			1	0	1	0
Pili, B.	dt	dt			2	0	0	0
Pritchett, N.	cb	sub			2	0	0	0
Reed, Ja.	dt	DT			2	1	0	0
Richman, M.	in	sub			1	0	1	0
Russell, B.	fb	fb			2	0	0	0
Saubert, E.	TE	te			2	1	0	0
Shaheed, R.	wr	WR			2	1	0	0
Smith-Njigba, J.	WR	WR			2	2	0	0
Stoll, C.	ls	ls			2	0	0	0
Sundell, J.	C	C			2	2	0	0
Thomas, D.	LB	LB			2	2	0	0
Walker III, K.	RB	RB			2	2	0	0
Williams, L.	DT	DT			2	2	0	0
Witherspoon, D.	CB	CB			2	2	0	0
Woolen, R.	cb	cb			2	0	0	0
Young, D.	wr	wr			2	0	0	0
Zabel, G.	LG	LG			2	2	0	0

CAPS - starter; lower case - substitute at position; sub - special teams only; dnp - did not play; in - inactive; ps - practice squad; ir - injured reserve; nfi - non-football injury; sus - suspended; pup - physically unable to perform; exp - exempt





HOW BUILT

Year	By Draft	Trade/Waivers/Practice Squad
2025	G Grey Zabel (1) S Nick Emmanwori (2a) TE Elijah Arroyo (2b) QB Jalen Milroe (3) DE Rylie Mills (5a) FB Robbie Ouzts (5c) T/G Mason Richman (7b)	WR Rashid Shaheed (T)
2024	DT Byron Murphy II (1) G Christian Haynes (3) LB Tyrice Knight (4a) TE AJ Barner (4b) CB Nehemiah Pritchett (5)	LB Ernest Jones IV (T) DT Brandon Pili (W)
2023	CB Devon Witherspoon (1a) WR Jaxon Smith-Njigba (1b) LB Derick Hall (2a) G Anthony Bradford (4a) DE Mike Morris (5a) C Olu Oluwatimi (5b)	TE Brady Russell (PS) LB Drake Thomas (W) DT Leonard Williams (T)
2022	T Charles Cross (1) LB Boye Mafe (2a) RB Kenneth Walker III (2b) T Abraham Lucas (3) CB Coby Bryant (4) CB Riq Woolen (5a) WR Dareke Young (7b)	
2018	P Michael Dickson (5c)	
2016	DT Jarran Reed (2)	

Free Agents	By Experience
2025	LB DeMarcus Lawrence 12 K Jason Myers 11 DT Leonard Williams 11 DT Jarran Reed 10 G/T Josh Jones (UFA) WR Cooper Kupp 9 TE Nick Kallerup 8 T Amari Kight 8 WR Cooper Kupp 8 LB DeMarcus Lawrence (UFA) QB Drew Lock 7 QB Drew Lock (UFA) LB Connor O'Toole 7 TE Eric Saubert 7
2024	S Julian Love 7 T Josh Jones 6 LB Ernest Jones IV 5 S Coby Bryant 4 T Charles Cross 4 CB Josh Jobe 4 RB George Holani 4 CB Josh Jobe 4 LB Boye Mafe 4 C Jalen Sundell 4 WR Rashid Shaheed 4 CB Riq Woolen 4 RB Kenneth Walker III 4 WR Dareke Young 4 WR Jake Bobo 3 G Anthony Bradford 3 LB Patrick O'Connell 3 S Ty Okada 3 LS Chris Stoll 3
2022	LB Uchenna Nwosu (UFA) K Jason Myers (UFA)
2019	LS Chris Stoll 3 LB Drake Thomas 3 CB Devon Witherspoon 3 TE AJ Barner 2 G Christian Haynes 2 RB George Holani 2 LB Tyrice Knight 2 DT Byron Murphy II 2 CB Nehemiah Pritchett 2 C Jalen Sundell 2 TE Elijah Arroyo R S Nick Emmanwori R LB Jared Ivey R TE Nick Kallerup R T Amari Kight R DE Rylie Mills R QB Jalen Milroe R LB Connor O'Toole R FB Robbie Ouzts R T/G Mason Richman R G Grey Zabel R



2025 Seattle Seahawks Alphabetical Roster (Updated 1/23/26)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
88	Barner, AJ	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
88	Barner, AJ	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
19	Bobo, Jake	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
75	Bradford, Anthony	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
8	Bryant, Coby	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
67	Cross, Charles	T	6-5	317	11/25/2000	25	4	Mississippi State	Laurel, Miss.	D1-'22
14	Darnold, Sam	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
4	Dickson, Michael	P	6-2	208	1/4/1996	30	8	Texas	Sydney, Australia	D5(c)-'18
3	Emmanwori, Nick	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
58	Hall, Derick	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
64	Haynes, Christian	G	6-3	317	4/13/2000	25	2	Connecticut	Bowie, Md.	D3-'24
36	Holani, George	RB	5-10	208	12/16/1999	26	2	Boise State	Bellflower, Calif.	FA-'24
51	Ivey, Jared	LB	6-6	274	12/5/2001	24	R	Mississippi	Suwanee, Ga.	FA-'25
29	Jobe, Josh	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
13	Jones IV, Ernest	LB	6-2	233	11/22/1999	26	5	South Carolina	Waycross, Ga.	T(Ten)-'24
74	Jones, Josh	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
89	Kallerup, Nick	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
79	Kight, Amari	T	6-6	299	12/21/2000	25	R	Central Florida	Birmingham, Ala.	FA-'25
48	Knight, Tyrice	LB	6-0	233	12/20/1999	26	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
10	Kupp, Cooper	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
0	Lawrence, DeMarcus	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
2	Lock, Drew	QB	6-4	228	11/10/1996	29	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
20	Love, Julian	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
72	Lucas, Abraham	T	6-6	322	10/15/1998	27	4	Washington State	Everett, Wash.	D3-'22
53	Mafe, Boye	LB	6-4	261	11/30/1998	27	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
98	Mills, Rylie	DE	6-5	296	8/20/2001	24	R	Notre Dame	Lake Bluff, Ill.	D5(a)-'25
6	Milroe, Jalen	QB	6-2	216	12/13/2002	23	R	Alabama	Katy, Texas	D3-'25
94	Morris, Mike	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
91	Murphy II, Byron	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
5	Myers, Jason	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
7	Nwosu, Uchenna	LB	6-2	265	12/28/1996	29	8	USC	Carson, Calif.	UFA(LAC)-'22
52	O'Connell, Patrick	LB	6-1	231	12/31/1998	27	3	Montana	Kalispell, Mont.	FA-'23
39	Okada, Ty	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
55	Oluwatimi, Olu	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
57	O'Toole, Connor	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
40	Ouzts, Robbie	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
95	Pili, Brandon	NT	6-3	334	4/2/1999	26	3	USC	Anchorage, Alaska	W(Mia)-'24
28	Pritchett, Nehemiah	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
90	Reed, Jarran	NT	6-3	315	12/16/1992	33	10	Alabama	Goldsboro, N.C.	D2-'16
78	Richman, Mason	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
38	Russell, Brady	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
81	Saubert, Eric	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
22	Shaheed, Rashid	WR	6-0	180	8/31/1998	27	4	Weber State	San Diego, Calif.	T(NO)-'25
11	Smith-Njigba, Jaxon	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
41	Stoll, Chris	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23
61	Sundell, Jalen	C	6-5	301	10/18/1999	26	2	North Dakota State	Maryville, Mo.	FA-'24
42	Thomas, Drake	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
9	Walker III, Kenneth	RB	5-9	216	10/20/2000	25	4	Michigan State	Arlington, Tenn.	D2(b)-'22
99	Williams, Leonard	DT	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
21	Witherspoon, Devon	CB	6-0	185	12/11/2000	25	3	Illinois	Pensacola, Fla.	D1(a)-'23
27	Woolen, Riq	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
83	Young, Dareke	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
76	Zabel, Grey	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25

Head Coach: Mike Macdonald, Aden Durde (Defensive Coordinator), Jay Harbaugh (Special Teams Coordinator), Clint Kubiak (Offensive Coordinator), John Benton (Offensive Line), Mack Brown (Tight Ends), Josh Bynes (Defensive Asst./LBs), Michael Byrne (Offensive Asst.), Rob Caprice (Defensive Intern), Rick Dennison (Run Game Coordinator/Senior Offensive Advisor), Devin Fitzsimmons (Asst. Special Teams), Leslie Frazier (Assistant Head Coach), Thomas Garcia (Strength & Cond. Asst.), Justin Hinds (Defensive Line), Jeff Howard (Safeties), Frisman Jackson (Wide Receivers), Andrew Janocko (Quarterbacks), Ivan Lewis (Dir. of Player Performance & Development), Quinshon Odom (Offensive Asst./QC-Off. Line), Tim Ojeda (Strength & Cond. Asst.), Kirk Olivadotti (Inside Linebackers), Justin Outten (Run Game Specialist/Asst. Offensive Line), Chris Partridge (Outside Linebackers), Jake Peetz (Offensive Passing Game Coordinator), Mark Philipp (Assoc. Head Strength & Cond.), Tyson Prince (Off. Asst./QBs), Karl Scott (Defensive Passing Game Coordinator/DBs), Neiko Thorpe (Defensive Asst./DBs), Danny van Dijk (Head Strength & Cond.), Jamie Yanchar (Strength & Cond. Asst.).

2025 Seattle Seahawks Numerical Roster (updated 1/23/26)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
0	DeMarcus Lawrence	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
2	Drew Lock	QB	6-4	228	11/10/1996	29	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
3	Nick Emanwori	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
4	Michael Dickson	P	6-2	208	1/4/1996	30	8	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	Jalen Miroe	QB	6-2	216	12/13/2002	23	R	Alabama	Katy, Texas	D3-'25
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	29	8	USC	Carson, Calif.	UFA(LAC)-'22
8	Coby Bryant	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
9	Kenneth Walker III	RB	5-9	216	10/20/2000	25	4	Michigan State	Arlington, Tenn.	D2(b)-'22
10	Cooper Kupp	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
13	Ernest Jones IV	LB	6-2	233	11/22/1999	26	5	South Carolina	Waycross, Ga.	T(Ten)-'24
14	Sam Darnold	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
18	Elijah Arroyo	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
19	Jake Bobo	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
20	Julian Love	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
21	Devon Witherspoon	CB	6-0	185	12/11/2000	25	3	Illinois	Pensacola, Fla.	D1(a)-'23
22	Rashid Shaheed	WR	6-0	180	8/31/1998	27	4	Weber State	San Diego, Calif.	T(NO)-'25
27	Riq Woolen	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
29	Josh Jobe	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
36	George Holani	RB	5-10	208	12/16/1999	26	2	Boise State	Bellflower, Calif.	FA-'24
38	Brady Russell	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
39	Ty Okada	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
40	Robbie Ouzts	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
41	Chris Stoll	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23
42	Drake Thomas	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
48	Tyrice Knight	LB	6-0	233	12/20/1999	26	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	24	R	Mississippi	Suwanee, Ga.	FA-'25
52	Patrick O'Connell	LB	6-1	231	12/31/1998	27	3	Montana	Kalispell, Mont.	FA-'23
53	Boye Mafe	LB	6-4	261	11/30/1998	27	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
55	Olu Oluwatimi	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
57	Connor O'Toole	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
58	Derick Hall	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
61	Jalen Sundell	C	6-5	301	10/18/1999	26	2	North Dakota State	Maryville, Mo.	FA-'24
64	Christian Haynes	G	6-3	317	4/13/2000	25	2	Connecticut	Bowie, Md.	D3-'24
67	Charles Cross	T	6-5	317	11/25/2000	25	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/15/1998	27	4	Washington State	Everett, Wash.	D3-'22
74	Josh Jones	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
75	Anthony Bradford	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
76	Grey Zabel	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
79	Amarri Kight	T	6-6	299	12/21/2000	25	R	Central Florida	Birmingham, Ala.	FA-'25
81	Eric Saubert	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
83	Dareke Young	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
88	AJ Barner	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
90	Jarran Reed	NT	6-3	315	12/16/1992	33	10	Alabama	Goldsboro, N.C.	D2-'16
91	Byron Murphy II	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
95	Brandon Pili	NT	6-3	334	4/2/1999	26	3	USC	Anchorage, Alaska	W(Mia)-'24
98	Rylie Mills	DE	6-5	296	8/20/2001	24	R	Notre Dame	Lake Bluff, Ill.	D5(a)-'25
99	Leonard Williams	DT	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
Injured Reserve										
15	Tory Horton	WR	6-2	196	11/29/2002	23	R	Colorado State	Fresno, Calif.	D5(b)-'25
25	Kenny McIntosh	RB	6-0	211	3/3/2000	25	3	Georgia	Fort Lauderdale, Fla.	D7-'23
26	Zach Charbonnet	RB	6-1	220	1/8/2001	25	3	UCLA	Camarillo, Calif.	D2(b)-'23
30	AJ Finley	S	6-2	202	9/14/2001	24	3	Mississippi	Mobile, Ala.	W(LAC)-'24
31	Jacardia Wright (PS/IR)	RB	6-0	218	9/26/2000	25	R	Missouri State	Decatur, Ill.	FA-'25
44	Chazz Surratt	LB	6-2	233	2/16/1997	28	5	North Carolina	Denver, N.C.	FA-'25
66	Shane Lemieux (PS/IR)	G	6-4	306	5/12/1997	28	6	Oregon	Yakima, Wash.	FA-'25
77	Bryce Cabeldue	G	6-4	308	9/4/2001	24	R	Kansas	Clovis, N.M.	D6-'25
82	Cody White	WR	6-3	227	11/28/1998	27	6	Michigan State	Novi, Mich.	FA-'23
85	Tyrone Broden (PS/IR)	WR	6-5	194	2/26/2001	24	R	Arkansas	Detroit, Mich.	FA-'25
Practice Squad										
24	Shaquill Griffin	CB	6-0	198	7/20/1995	30	9	Central Florida	St. Petersburg, Fla.	D3(a)-'17
30	Cam Akers	RB	5-10	217	6/22/1999	26	6	Florida State	Clinton, Miss.	FA-'25
32	Velus Jones Jr.	RB	6-0	204	5/11/1997	28	4	Tennessee	Saraland, Ala.	FA-'25
34	Shemar Jean-Charles	CB	5-10	184	6/20/1998	27	5	Appalachian State	Miramar, Fla.	UFA(NO)-'25
35	Tyler Hall	CB	5-10	190	10/31/1998	27	6	Wyoming	Gardena, Calif.	FA-'25
37	Quandre Diggs	S	5-9	197	1/22/1993	33	11	Texas	Houston, Texas	FA-'25
43	Maxen Hook	S	6-0	205	8/19/2001	24	R	Toledo	New Palestine, Ind.	FA-'25
46	Ja'Markis Weston	LB	6-2	234	8/10/2000	25	R	Florida	Clewiston, Fla.	FA-'25
49	Chris Paul Jr.	LB	6-1	235	11/4/2004	21	R	Mississippi	Cordele, Miss.	FA-'25
50	Jamie Sheriff	LB	6-1	254	8/18/2000	25	2	South Alabama	Terry, Miss.	FA-'24
62	Federico Maranges	C	6-3	302	10/5/2001	24	R	Florida Atlantic	Dorado, Puerto Rico	FA-'25
69	Bubba Thomas	DT	6-1	301	7/5/2000	25	R	South Alabama	Riverdale, Ga.	FA-'25
70	J.R. Singleton	NT	6-1	299	2/13/2002	23	R	Iowa State	Gurnee, Ill.	FA-'25
73	Logan Brown	T	6-6	312	4/17/2001	24	R	Kansas	Grand Rapids, Mich.	FA-'25
84	Courtney Jackson	WR	5-11	183	3/13/2001	24	R	Arkansas State	Monroeville, Pa.	FA-'25
86	Ricky White III	WR	6-1	181	2/6/2002	23	R	UNLV	Marietta, Ga.	D7(c)-'25
87	Montorie Foster Jr.	WR	5-11	188	8/3/2001	24	R	Michigan State	Cleveland, Ohio	FA-'25

2025 Seattle Seahawks Positional Roster (updated 1/23/26)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
21	Devon Witherspoon	CB	6-0	185	12/11/2000	25	3	Illinois	Pensacola, Fla.	D1(a)-'23
27	Riq Woolen	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
29	Josh Jobe	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
3	Nick Emmanwori	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
8	Coby Bryant	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
20	Julian Love	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
39	Ty Okada	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
98	Rylie Mills	DE	6-5	296	8/20/2001	24	R	Notre Dame	Lake Bluff, Ill.	D5(a)-'25
90	Jarran Reed	NT	6-3	315	12/16/1992	33	10	Alabama	Goldsboro, N.C.	D2-'16
91	Byron Murphy II	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
95	Brandon Pili	NT	6-3	334	4/2/1999	26	3	USC	Anchorage, Alaska	W(Mia)-'24
99	Leonard Williams	DT	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
0	DeMarcus Lawrence	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	29	8	USC	Carson, Calif.	UFA(LAC)-'22
13	Ernest Jones IV	LB	6-2	233	11/22/1999	26	5	South Carolina	Waycross, Ga.	T(Ten)-'24
42	Drake Thomas	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
48	Tyrice Knight	LB	6-0	233	12/20/1999	26	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	24	R	Mississippi	Suwanee, Ga.	FA-'25
52	Patrick O'Connell	LB	6-1	231	12/31/1998	27	3	Montana	Kalispell, Mont.	FA-'23
53	Boye Mafe	LB	6-4	261	11/30/1998	27	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
57	Connor O'Toole	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
58	Derick Hall	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
55	Olu Oluwatimi	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
61	Jalen Sundell	C	6-5	301	10/18/1999	26	2	North Dakota State	Maryville, Mo.	FA-'24
64	Christian Haynes	G	6-3	317	4/13/2000	25	2	Connecticut	Bowie, Md.	D3-'24
74	Josh Jones	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
75	Anthony Bradford	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
76	Grey Zabel	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25
67	Charles Cross	T	6-5	317	11/25/2000	25	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/15/1998	27	4	Washington State	Everett, Wash.	D3-'22
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
79	Amari Kight	T	6-6	299	12/21/2000	25	R	Central Florida	Birmingham, Ala.	FA-'25
2	Drew Lock	QB	6-4	228	11/10/1996	29	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
6	Jalen Milroe	QB	6-2	216	12/13/2002	23	R	Alabama	Katy, Texas	D3-'25
14	Sam Darnold	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
9	Kenneth Walker III	RB	5-9	216	10/20/2000	25	4	Michigan State	Arlington, Tenn.	D2(b)-'22
36	George Holani	RB	5-10	208	12/16/1999	26	2	Boise State	Bellflower, Calif.	FA-'24
38	Brady Russell	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
40	Robbie Ouzts	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
18	Elijah Arroyo	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
81	Eric Saubert	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
88	AJ Barner	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
10	Cooper Kupp	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
19	Jake Bobo	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
22	Rashid Shaheed	WR	6-0	180	8/31/1998	27	4	Weber State	San Diego, Calif.	T(NO)-'25
83	Dareke Young	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
4	Michael Dickson	P	6-2	208	1/4/1996	30	8	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
41	Chris Stoll	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23



UNOFFICIAL DEPTH CHART

OFFENSE

WR	10 Cooper Kupp	22 Rashid Shaheed
LT	67 Charles Cross	74 Josh Jones
LG	76 <u>Grey Zabel</u>	64 Christian Haynes
C	61 Jalen Sundell	55 Olu Oluwatimi
RG	75 Anthony Bradford	64 Christian Haynes
RT	72 Abraham Lucas	74 Josh Jones
TE	88 AJ Barner	81 Eric Saubert
WR	11 Jaxon Smith-Njigba	83 Dareke Young
QB	14 Sam Darnold	2 Drew Lock
FB	40 <u>Robbie Ouzts</u>	38 Brady Russell
RB	9 Kenneth Walker III	36 George Holani

DEFENSE

DT	99 Leonard Williams	90 Jarran Reed
NT	91 Byron Murphy II	95 Brandon Pili
DE	0 DeMarcus Lawrence	94 Mike Morris
RUSH	58 Derick Hall	51 <u>Jared Ivey</u>
MLB	13 Ernest Jones IV	48 Tyrice Knight
WLB	42 Drake Thomas	48 Tyrice Knight
SLB	7 Uchenna Nwosu	53 Boye Mafe
CB	21 Devon Witherspoon	28 Nehemiah Pritchett
CB	29 Josh Jobe	27 Riq Woolen
S	8 Coby Bryant	39 Ty Okada
S	20 Julian Love	39 Ty Okada
S	3 <u>Nick Emmanwori</u>	

SPECIALISTS

K	5 Jason Myers
P	4 Michael Dickson
H	4 Michael Dickson
PR	22 Rashid Shaheed
KR	22 Rashid Shaheed
LS	41 Chris Stoll

() injured; Underline: Rookie

PRONUNCIATION GUIDE

Nick Emmanwori... EE-man-WORE-ee
 Nick Kallerup... CAL-err-up
 Tyrice Knight... TY-rees
 Boye Mafe... boy-YAY mah-fay
 Uchenna Nwosu... oo-CHEH-nuh
 new-OH-soo
 Ty Okada... oh-KAH-duh
 Olu Oluwatimi...
 OH-loo OH-loo-wah-TIMM-ee

Robbie Ouzts... OOTS
 Brandon Pili... PEE-lee
 Jarran Reed... JARE-in
 Eric Saubert... SAW-ber
 Rashid Shaheed... rah-SHEED
 shuh-HEED
 Jaxon Smith-Njigba... in-JIGG-buh
 Chris Stoll... stole
 Jalen Sundell... sun-DELL

Devon Witherspoon... DEV-in
 Riq Woolen... reek
 Dareke Young... duh-REEK
 Grey Zabel... ZAY-bull

