



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)



SUPER BOWL LX • JANUARY 27, 2026



14-3



VS.



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



(channel 5 in Seattle)

Mike Tirico (play-by-play)

Cris Collinsworth (analyst)

Kaylee Hartung (sidelines)

Melissa Stark (sidelines)

Seahawks

Radio Network



SiriusXM

Steve Raible (play-by-play)

Dave Wyman (analyst)

Jen Mueller (sidelines)

Channel 82 or 226

National

Radio



Kevin Harlan (play-by-play)

Kurt Warner (analyst)

Laura Okmin (sidelines)

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



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 Yancher	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 Byrnes	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 Emmanwori	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	G Grey Zabel	2
WR Cooper Kupp	+11	G Christian Haynes	1
LB DeMarcus Lawrence	11	RB George Holani	1
DT Jarran Reed	11	T Amari Kight	1
P Michael Dickson	7	QB Drew Lock	1
CB Josh Jobe	+6	DE Rylie Mills	1
T Josh Jones	6	C Olu Oluwatimi	1
K Jason Myers	6	FB Robbie Ouzts	1
LB Ernest Jones IV	+5	T/G Mason Richman	1
LB Uchenna Nwosu	5	TE Elijah Arroyo	0
S Julian Love	4	LB Jared Ivey	0
DT Leonard Williams	4	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 defended and eight tackles for loss.

JOSH JOBE

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

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 defended.

83

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





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)

Record in Seattle	4-4
Kingdome	2-3
Lumen Field	2-1
Record at New England	7-4
Foxboro Stadium	5-3
Gillette Stadium	2-1
Current Streaks	Seattle has won four in a row
Longest Win Streaks	
Seahawks	5, 1989-93
Patriots	3, 1977-82
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

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





TEAM NOTES

2005

2013

SEA

4-0

ALL-TIME
IN THE NFC CHAMPIONSHIP

SEA 1976

2014

2025

28

TIED FOR THE
MOST WINS
IN CONSECUTIVE
SEASONS BY A
QUARTERBACK
IN NFL HISTORY
(TOM BRADY)

Richard Sherman
@RSherman_25

Special player and the most important piece of the Seahawks defense going into the SB. Should be DROY.

2ND QB IN NFL HISTORY
WITH 14 WINS IN CONSECUTIVE SEASONS

SAM DARNOLD

TOM BRADY





TEAM NOTES



41

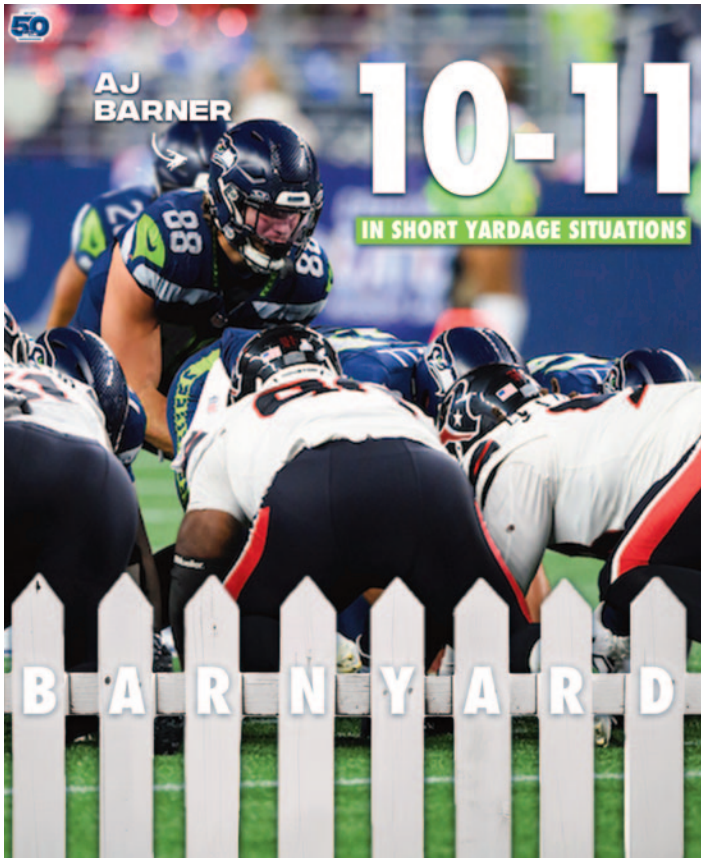
POSTSEASON
POINTS SCORED
SECOND-MOST
IN FRANCHISE
HISTORY

1/17/2026  49ERS VS. SEAHAWKS



6

POSTSEASON
POINTS ALLOWED
TIED FEWEST
IN FRANCHISE
HISTORY



AJ
BARNER

10-11

IN SHORT YARDAGE SITUATIONS

B A R N Y A R D

KENNETH WALKER III

1/17/2026 | VS. 49ERS



3

RUSHING TOUCHDOWNS

TIED FRANCHISE POSTSEASON RECORD



TEAM DEFENSE

LONGEST STREAK IN THE NFL

NOT ALLOWED A 100-YARD RUSHER IN
**28 CONSECUTIVE GAMES
INCLUDING PLAYOFFS**

LONGEST STREAK IN CLUB HISTORY





TEAM NOTES



50
EST. 1976
SEATTLE SEAHAWKS

1ST NFL
5 MOST 30-POINT HALVES

50
EST. 1976
SEATTLE SEAHAWKS

+191
POINT DIFFERENTIAL
FRANCHISE RECORD
1ST IN THE NFL

50
EST. 1976
SEATTLE SEAHAWKS

KENNETH WALKER III

TEN GAMES WITH 30+ POINTS
1ST NFL INCLUDING PLAYOFFS

50
EST. 1976
SEATTLE SEAHAWKS

COOPER KUPP

7 GAMES WITH 35+ POINTS
1ST IN THE NFL INCLUDING PLAYOFFS





TEAM NOTES



ONE OF TWO
TEAMS WITH THREE PLAYERS



UCHENNA
NWOSU



LEONARD
WILLIAMS



BYRON
MURPHY II

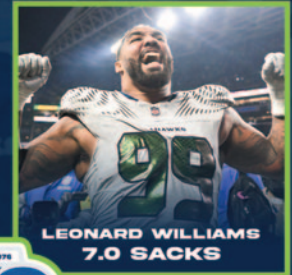


WITH
AT LEAST **7 SACKS** EACH

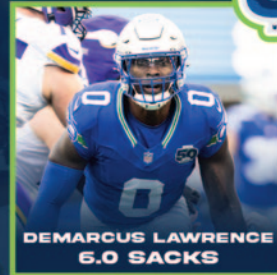
ONE OF THREE TEAMS
WITH FOUR PLAYERS



BYRON MURPHY II
7.0 SACKS



LEONARD WILLIAMS
7.0 SACKS

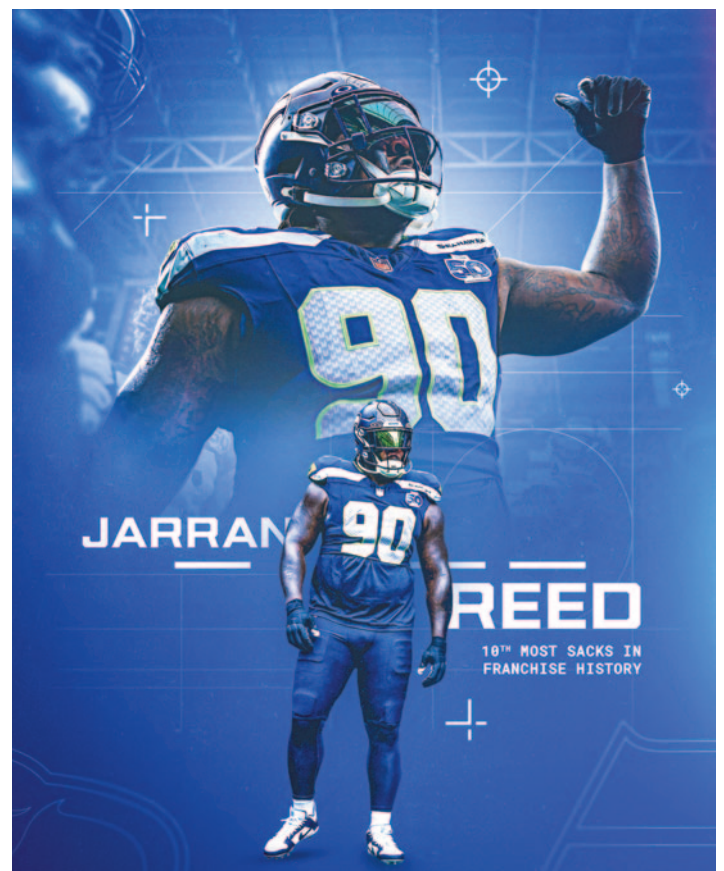
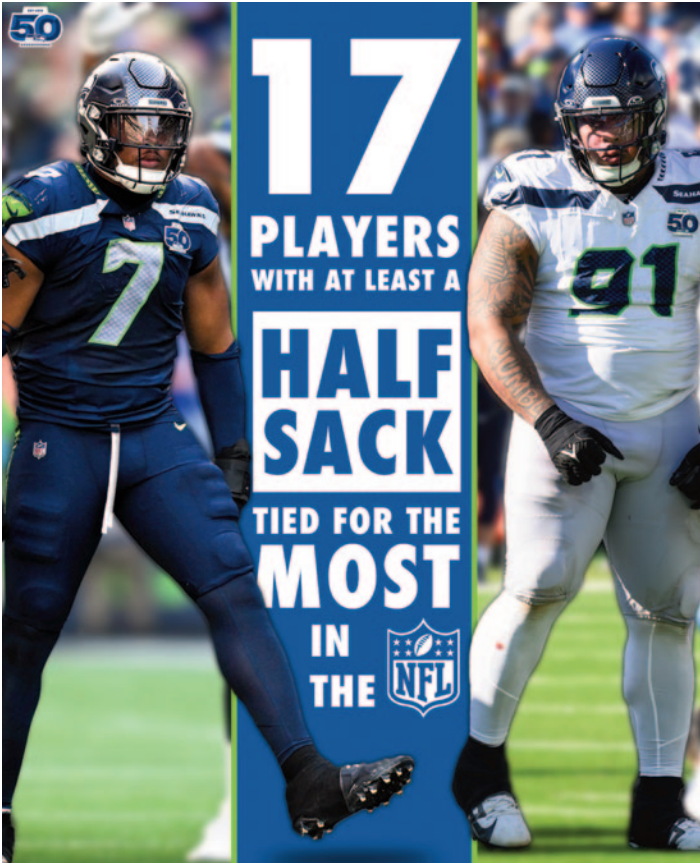


DEMARCUS LAWRENCE
6.0 SACKS



UCHENNA NWOSU
7.0 SACKS

WITH AT LEAST
6.0 SACKS EACH





TEAM NOTES



28.4

POINTS SCORED
PER GAME

3RD IN THE NFL



SEATTLE SEAHAWKS SEATTLE SEAHAWKS SEATTLE SEAHAWKS



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



17.2

POINTS ALLOWED
PER GAME

1ST IN THE NFL



TAKEAWAYS

6TH IN THE NFL



TAKEAWAYS

TIED FOR 2ND IN THE NFL SINCE WEEK 13





TEAM NOTES



22-5

**BEST
RECORD**
IN THE NFL OVER
THE LAST 27 GAMES
INCLUDING PLAYOFFS



**SAM
DARNOLD**

**147
WINS**
SINCE 2012
2ND MOST IN NFL



14



REGULAR SEASON WINS
MOST IN FRANCHISE HISTORY



PITTSBURGH STEELERS
ARIZONA CARDINALS
JACKSONVILLE JAGUARS
WASHINGTON COMMANDERS
TENNESSEE TITANS
ATLANTA FALCONS
CAROLINA PANTHERS
SAN FRANCISCO 49ERS



**EIGHT
ROAD
WINS**

FRANCHISE RECORD





TEAM NOTES



50

27 SACKS ALLOWED

T5TH FEWEST IN NFL

77.9 OPPONENT PASSER RATING

N 2ND

NFL 4TH

50

50

CLINCHED

PLAYOFF BERTH FOR THE **16TH** TIME
SINCE REALIGNMENT IN 2002

THIRD MOST IN THE NFL

50 X 2

NFL PLAYOFFS

3RD NFL KICKOFF RETURNS

SEAHAWKS AVERAGE START:
32.5 YARD LINE

50

1ST NFL KICKOFF COVERAGE

OPPONENTS AVERAGE START:
28.0 YARD LINE

50





TEAM NOTES

SEAHAWKS NFL RANKINGS

DEFENSE	OFFENSE
+191 PPG Differential (1st NFL)	6.4 1st Down Yardage (T1st NFL)
17.2 PPG Allowed (1st NFL)	8.4 Passing Yards/Play (2nd NFL)
3.7 Rush Yards/Att. (1st NFL)	28.4 Points per Game (3rd NFL)
4.6 Yards Per Play (2nd NFL)	32.5 Kickoff Avg. Start (3rd NFL)
9 Rush TDs Allowed (2nd NFL)	5.9 Yards per Play (6th NFL)
91.9 Rush Yards/Game (3rd NFL)	27 Sacked (T5th Fewest NFL)
18 Interceptions (5th NFL)	228.1 Pass Yards/Game (8th NFL)
285.9 Yds. Allowed/Game (6th NFL)	351.4 Yards per Game (8th NFL)
47 Sacks (T7th 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



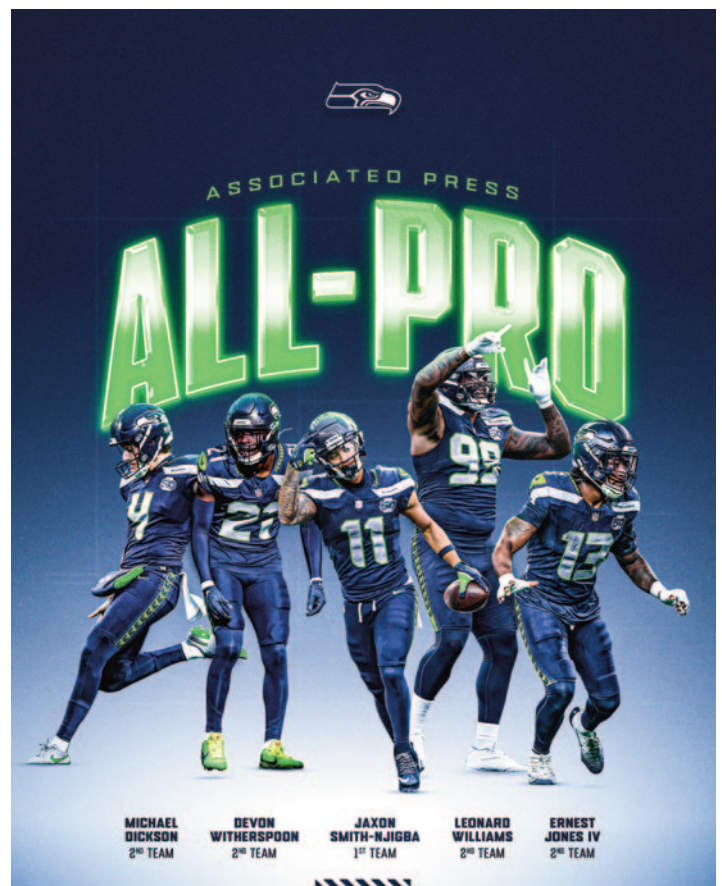
SAM DARNOLD



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 defended 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.

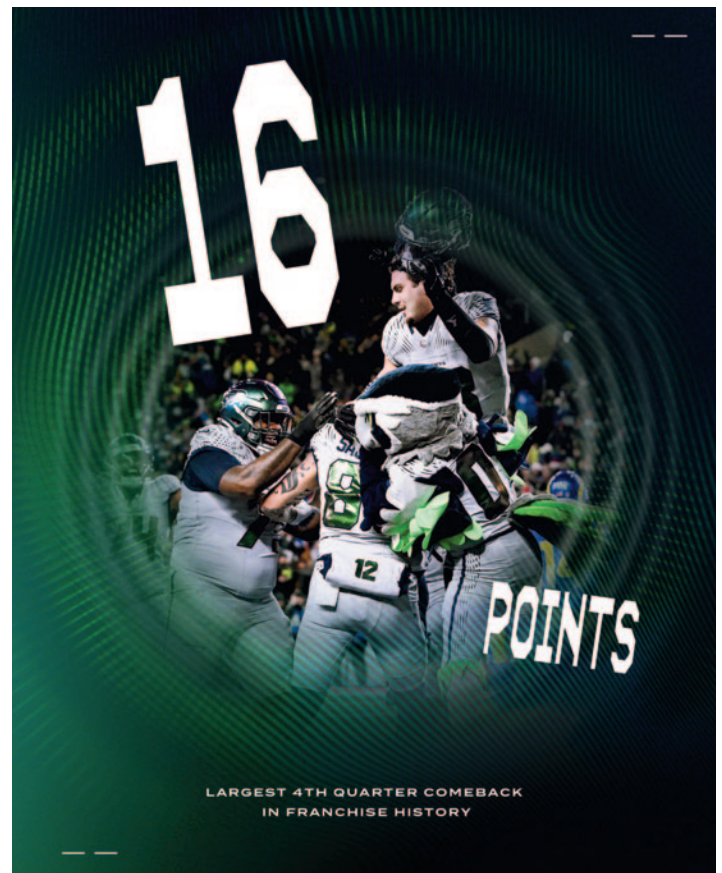
MOST FIRST-HALF POINTS THIS SEASON, NFL

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)

#90 JARRAN REED

SINCE 2018

25-7

RECORD IN THE
EASTERN TIME ZONE

24-5

IN THE LAST 29
10 A.M. KICKOFFS

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 & Fredd 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



2025 FLIGHT TIMES

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

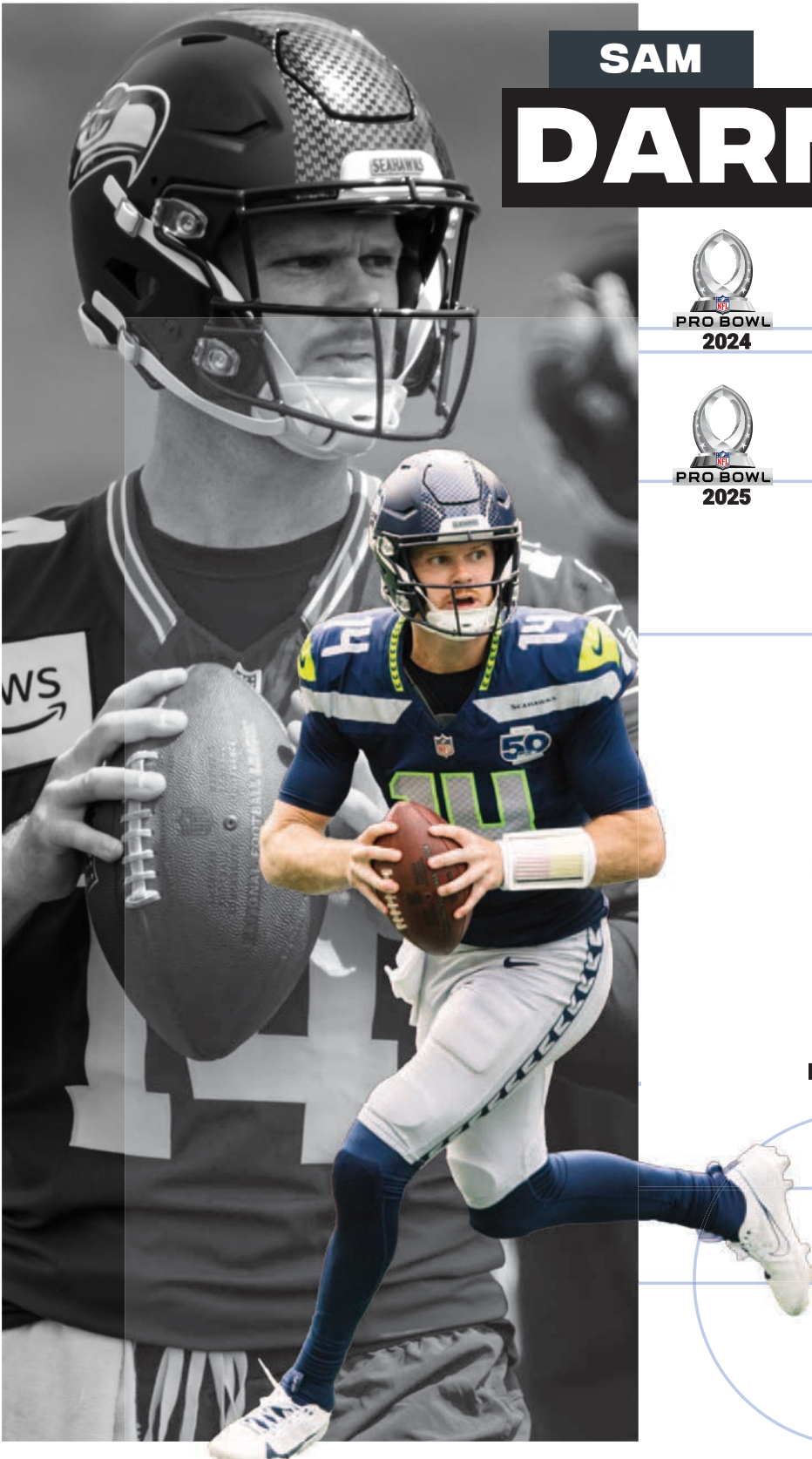
PASSER RATING VS. NEW ORLEANS (9/21), SECOND-HIGHEST IN FRANCHISE HISTORY

25

PASSING TOUCHDOWNS (T9TH NFL)

17

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





PLAYER NOTES



LEONARD

WILLIAMS



2025 SEASON

2ND TEAM

2025

22

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)





PLAYER NOTES



JAXON SMITH-NJIGBA

LEAGUE LEADER

1,793

RECEIVING YARDS



JAXON SMITH-NJIGBA SEATTLE SEAHAWKS

3,551

YARDS

MOST RECEIVING YARDS

IN A PLAYER'S FIRST THREE SEASONS IN FRANCHISE HISTORY



100

RECEPTIONS

#11 JAXON SMITH-NJIGBA

1,000

RECEIVING YARDS

SIXTH PLAYER IN NFL HISTORY TO RECORD 100 CATCHES & 1,000 YARDS IN THE SAME SEASON IN TWO OF HIS FIRST THREE SEASONS



MOST SINGLE-SEASON RECEPTIONS

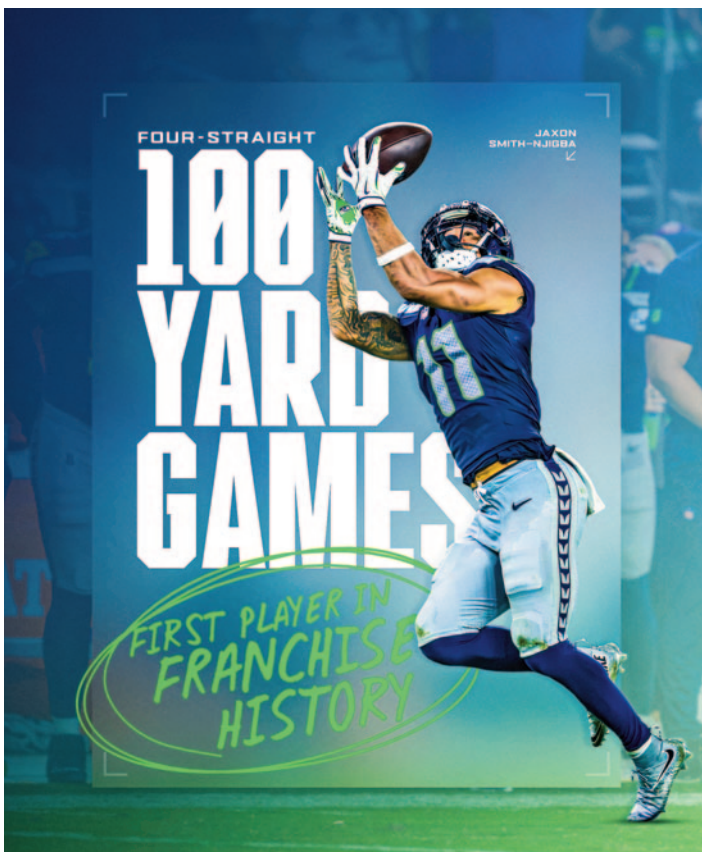
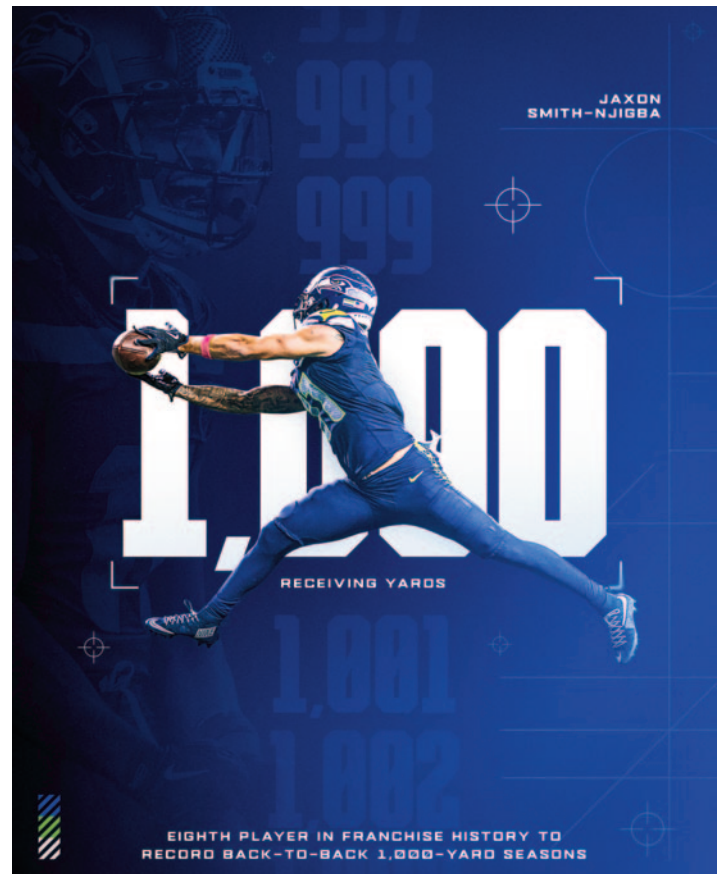
FRANCHISE HISTORY

PLAYER	NO.	YEAR
JAXON SMITH-NJIGBA	119	2025
JAXON SMITH-NJIGBA	100	2024
TYLER LOCKETT	100	2020
DOUG BALDWIN	94	2016
BOBBY ENGRAM	94	2007





PLAYER NOTES



**CAREER-HIGH AND NFL-LEADING
NINE 100-YARD GAMES**





PLAYER NOTES

COOPER

KUPP

AP
1ST TEAM
2021



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

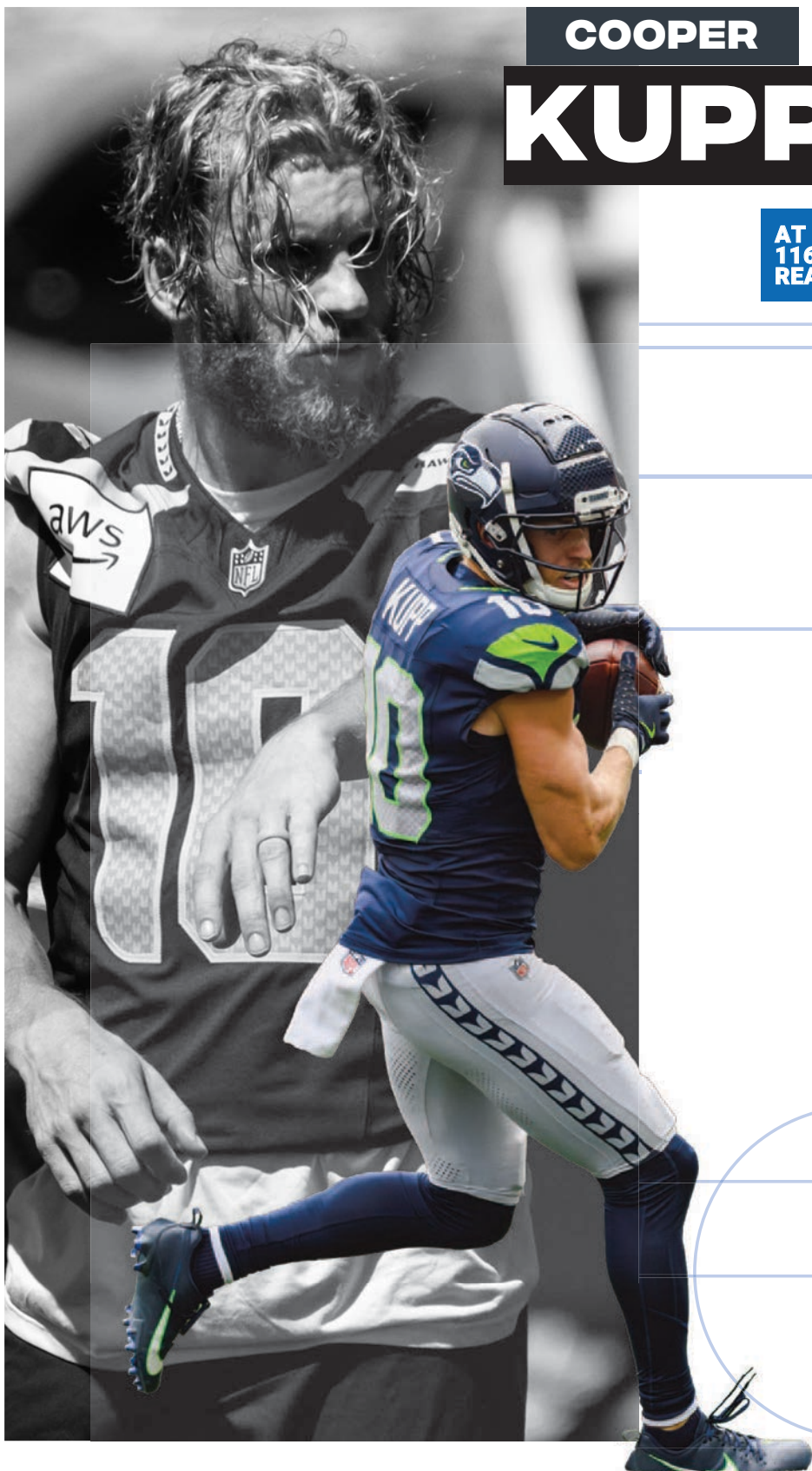
RECEPTIONS (3RD)

7,776

RECEIVING YARDS (4TH)

57

RECEPTIONS (3RD)





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)

At Atlanta (12/7), safety Nick Emmanwori became the first player in franchise history to record a sack, blocked field goal and interception in the same game (last time in NFL: Adrian Wilson at StL, 9/12/2010).

Also, he is the fourth rookie since 2000 with a blocked kick and an interception in the same game, joining Denzel Ward, Chad Williams and Ed Reed.

50
ERNEST JONES IV

AP
2ND TEAM
2025

T2ND IN THE NFL

INTERCEPTIONS
MOST BY A LB IN FRANCHISE HISTORY

NICK EMMANWORI

6
TACKLES

1
SACK

2
TACKLES FOR LOSS

1
INTERCEPTION

1
FIELD GOAL BLOCK

50

**SEAHAWKS
DEFENSIVE TACKLES**

LEONARD WILLIAMS
99

7
SACKS
EACH THIS SEASON

BYRON MURPHY II
91

**TIED FOR 2ND IN THE NFL
FOR 2ND AMONG DTs**

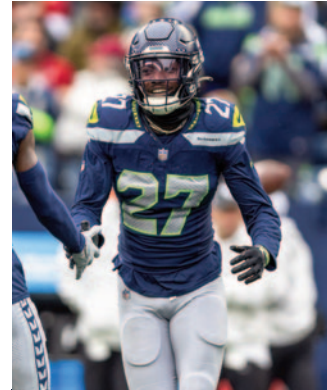
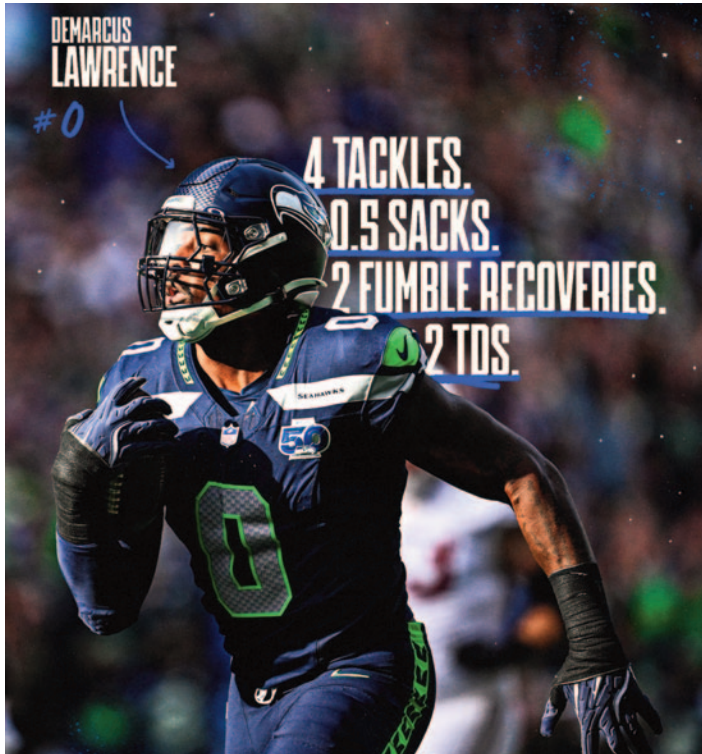




PLAYER NOTES

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).



#27 RIQ WOOLEN

53

PASSES DEFENSED
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 DEFENSED

12+
INTERCEPTIONS

SINCE
2022



#91 BYRON MURPHY II

7.0

SACKS AMONG INTERIOR
DEFENSIVE LINEMEN
(T2ND NFL)

7.0

CAREER-HIGH SACKS
(T1ST ON TEAM)

13

CAREER-HIGH
QUARTERBACK HITS

#4 MICHAEL DICKSON

48.3

CAREER PUNT AVERAGE
(4TH NFL HISTORY)



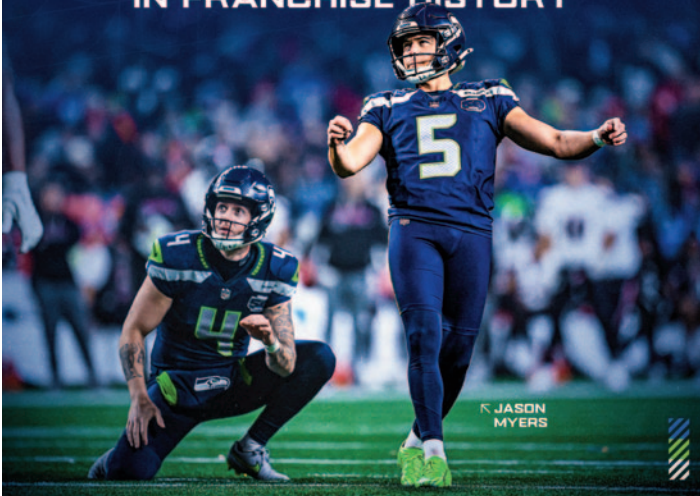


PLAYER NOTES

MOST FIELD GOALS MADE

ALL-TIME

IN FRANCHISE HISTORY



JASON MYERS

THIRD-MOST IN NFL HISTORY IN A SINGLE SEASON

171

POINTS SCORED
MOST IN THE NFL THIS SEASON

JASON MYERS



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)



PRO BOWL
2018



PRO BOWL
2022

#22 RASHID SHAHEED

13

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



PRO BOWL
2023*

AP

1ST TEAM
2023*



PRO BOWL
2025*

* Return Specialist





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

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



SEATTLE SEAHAWKS

AP
2ND TEAM
2025

**DEVON
WITHERSPOON**

4TH
SEAHAWK
TO BE NAMED TO THE



IN EACH OF HIS FIRST
THREE
NFL SEASONS



**ZACH
CHARBONNET**



**12 RUSHING
TOUCHDOWNS**
CAREER-HIGH



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

Won 14, Lost 3

9/7/2025	L	13 - 17	San Francisco 49ers
9/14/2025	W	31 - 17	at Pittsburgh Steelers
9/21/2025	W	44 - 13	New Orleans Saints
9/25/2025	W	23 - 20	at Arizona Cardinals
10/5/2025	L	35 - 38	Tampa Bay Buccaneers
10/12/2025	W	20 - 12	at Jacksonville Jaguars
10/20/2025	W	27 - 19	Houston Texans
11/2/2025	W	38 - 14	at Washington Commanders
11/9/2025	W	44 - 22	Arizona Cardinals
11/16/2025	L	19 - 21	at Los Angeles Rams
11/23/2025	W	30 - 24	at Tennessee Titans
11/30/2025	W	26 - 0	Minnesota Vikings
12/7/2025	W	37 - 9	at Atlanta Falcons
12/14/2025	W	18 - 16	Indianapolis Colts
12/18/2025	W	38 - 37	Los Angeles Rams
12/28/2025	W	27 - 10	at Carolina Panthers
1/3/2026	W	13 - 3	at San Francisco 49ers

Total First Downs

	Seattle	Opponent
Total First Downs	340	291
Rushing	125	83
Passing	179	176
Penalty	36	32
3rd Down: Made/Att	82/206	75/234
3rd Down Pct.	39.8%	32.1%
4th Down: Made/Att	7/12	23/45
4th Down Pct.	58.3%	51.1%
Possession Avg.	30:00	30:00
Total Net Yards	5973	4860
Avg. Per Game	351.4	285.9
Total Plays	1015	1065
Avg. Per Play	5.9	4.6
Net Yards Rushing	2096	1563
Avg. Per Game	123.3	91.9
Total Rushes	507	418
Net Yards Passing	3877	3297
Avg. Per Game	228.1	193.9
Sacked/Yards Lost	27/186	47/322
Gross Yards	4063	3619
Attempts/Completions	481/325	600/375
Completion Pct.	67.6%	62.5%
Had Intercepted	15	18
Punts/Average	52/49.0	73/46.2
Net Punting Avg.	42.2	39
Penalties/Yards	100/793	117/902
Fumbles/Ball Lost	26/13	12/7
Touchdowns	51	31
Rushing	19	9
Passing	25	20
Returns	7	2

Score By Periods

Team			106	136	121	112	8	483
Opponents			51	73	56	105	7	292
Scoring	TD	Ru	Pa	Rt	PAT	FG	2Pt	Pts
J.Myers	0	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	1	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.Jobbe 0.5, E.Jones 0.5 **Team: 47.0, Opponents: 27.0**

Rushing	No.	Yds	Avg	Long	TD
K.Walker	221	1027	4.6	55t	5
Z.Charbonnet	184	730	4.0	30	12
S.Darnold	35	95	2.7	24	0
G.Holani	22	73	3.3	9t	1
R.Shaheed	7	64	9.1	31	0
J.Smith-Njigba	7	36	5.1	11	0
V.Jones	4	32	8.0	25	0
J.Wright	5	20	4.0	10	0
A.Barner	10	14	1.4	2	1
M.Gaskin	3	6	2.0	3	0
J.Milroe	3	4	1.3	3	0
D.Lock	6	-5	-0.8	0	0
Team	507	2096	4.1	55t	19
Opponents	418	1563	3.7	55	9

Receiving	No.	Yds	Avg	Long	TD
J.Smith-Njigba	119	1793	15.1	63t	10
A.Barner	52	519	10.0	61	6
C.Kupp	47	593	12.6	67	2
K.Walker	31	282	9.1	46	0
Z.Charbonnet	20	144	7.2	21	0
R.Shaheed	15	188	12.5	33	0
E.Arroyo	15	179	11.9	32	1
T.Horton	13	161	12.4	25t	5
E.Saubert	4	31	7.8	12	0
C.White	3	90	30.0	60t	1
D.Young	2	48	24.0	36	0
J.Bobo	2	20	10.0	17	0
G.Holani	2	15	7.5	11	0
N.Kallerup	0	0	0.0	0	0
B.Russell	0	0	0.0	0	0
Team	325	4063	12.5	67	25
Opponents	375	3619	9.7	65	20

Interceptions	No.	Yds	Avg	Long	TD			
E.Jones	5	150	30.0	85t	1			
C.Bryant	4	43	10.8	28	0			
D.Kendrick	2	0	0.0	0	0			
T.Woolen	1	30	30.0	30	0			
J.Love	1	26	26.0	26	0			
D.Witherspoon	1	3	3.0	3	0			
N.Emmanwori	1	0	0.0	0	0			
J.Jobe	1	0	0.0	0	0			
T.Okada	1	0	0.0	0	0			
D.Thomas	1	0	0.0	0	0			
Team	18	252	14.0	85t	1			
Opponents	15	231	15.4	56	0			
Punting	No	Yds	Avg	Net	TB	In	Lg	B
M.Dickson	52	2548	49.0	42.2	3	20	60	0
Team	52	2548	49.0	42.2	3	20	60	0
Opponents	73	3373	46.2	39.0	4	31	64	1

Punt Returns	Ret	FC	Yds	Avg	Long	TD
T.Horton	16	9	238	14.9	95t	1
R.Shaheed	13	17	210	16.2	58t	1
Team	29	26	448	15.4	95t	2
Opponents	19	17	295	15.5	90t	1
Kickoff Returns	No.	Yds	Avg	Long	TD	
G.Holani	16	387	24.2	34	0	
R.Shaheed	14	418	29.9	100	1	
D.Young	10	322	32.2	60	0	
C.White	4	106	26.5	36	0	
C.Akers	2	54	27.0	29	0	
Team	46	1287	28.0	100t	1	
Opponents	81	1941	24.0	47	0	
Field Goals	1-19	20-29	30-39	40-49	50+	
J.Myers	0/ 0	5/ 6	14/ 15	13/ 15	9/ 12	
Team	0/ 0	5/ 6	14/ 15	13/ 15	9/ 12	
Opponents	0/ 0	6/ 7	8/ 9	8/ 9	3/ 6	

Fumbles Lost: S.Darnold 6, T.Woolen 1, C.Bryant 1, J.Smith-Njigba 1, G.Holani 1, J.Milroe 1, E.Arroyo 1, C.Kupp 1 **Total: 13**
Opponent Fumble Recoveries: D.Lawrence 3, T.Okada 1, D.Thomas 1, D.Witherspoon 1, C.O'Toole 1 **Total: 7**

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
Emmanwor, 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
Emmanwor, 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

1/17/2026	W	41 - 6	San Francisco 49ers
1/25/2026	W	31 - 27	Los Angeles Rams

						Seattle	Opponent				
Total First Downs						43	41				
Rushing						14	12				
Passing						26	27				
Penalty						3	2				
3rd Down: Made/Att						11/23	7/20				
3rd Down Pct.						47.8%	35.0%				
4th Down: Made/Att						0/0	1/5				
4th Down Pct.						0.0	20.0%				
Possession Avg.						31:31	28:30				
Total Net Yards						677	715				
Avg. Per Game						338.5	357.5				
Total Plays						117	118				
Avg. Per Play						5.8	6.1				
Net Yards Rushing						250	222				
Avg. Per Game						125.0	111.0				
Total Rushes						59	49				
Net Yards Passing						427	493				
Avg. Per Game						213.5	246.5				
Sacked/Yards Lost						5/43	3/25				
Gross Yards						470	518				
Attempts/Completions						53/37	66/39				
Completion Pct.						69.8%	59.1%				
Had Intercepted						0	1				
Punts/Average						8/46.9	3/45.0				
Net Punting Avg.						46.4	45				
Penalties/Yards						8/55	7/66				
Fumbles/Ball Lost						2/0	7/3				
Touchdowns						9	3				
Rushing						4	0				
Passing						4	3				
Returns						1	0				
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			
K.Walker	4	4	0	0	0/0	0/0	0	24			
J.Myers	0	0	0	0	9/9	3/3	0	18			
J.Smith-Njigba	2	0	2	0	0/0	0/0	0	12			
J.Bobo	1	0	1	0	0/0	0/0	0	6			
C.Kupp	1	0	1	0	0/0	0/0	0	6			
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

Rushing		No.	Yds	Avg	Long	TD			
K.Walker		38	178	4.7	15t	4			
R.Shaheed		3	27	9.0	30	0			
Z.Charbonnet		5	20	4.0	15	0			
V.Jones		6	10	1.7	6	0			
S.Darnold		3	9	3.0	14	0			
G.Holani		3	4	1.3	3	0			
A.Barner		1	2	2.0	2	0			
Team		59	250	4.2	30	4			
Opponents		49	222	4.5	19	0			
Receiving		No.	Yds	Avg	Long	TD			
J.Smith-Njigba		13	172	13.2	42	2			
C.Kupp		9	96	10.7	21	1			
K.Walker		7	78	11.1	15	0			
G.Holani		3	27	9.0	13	0			
J.Bobo		2	33	16.5	17t	1			
A.Barner		2	13	6.5	7	0			
R.Shaheed		1	51	51.0	51	0			
R.Ouzts		0	0	0.0	0	0			
Team		37	470	12.7	51	4			
Opponents		39	518	13.3	44	3			
Interceptions		No.	Yds	Avg	Long	TD			
E.Jones		1	0	0.0	0	0			
Team		1	0	0.0	0	0			
Punting		No	Yds	Avg	Net	TB	In	Lg	B
M.Dickson		8	375	46.9	46.4	0	7	56	0
Team		8	375	46.9	46.4	0	7	56	0
Opponents		3	135	45.0	45.0	0	2	51	0
Punt Returns			Ret	FC	Yds		Avg	Long	TD
R.Shaheed			0	3	0		0.0	0	0
Team			0	3	0		0.0	0	0
Opponents			4	3	4		1.0	6	0
Kickoff Returns			No.		Yds		Avg	Long	TD
R.Shaheed			3		147		49.0	95	1
Team			3		147		49.0	95t	1
Opponents			11		259		23.5	29	0
Field Goals			1-19	20-29	30-39		40-49		50+
J.Myers			0/ 0	2/ 2	1/ 1		0/ 0		0/ 0
Team			0/ 0	2/ 2	1/ 1		0/ 0		0/ 0
Opponents			0/ 0	0/ 0	0/ 0		2/ 2		2/ 2

Fumbles Lost: **Total: 0**

Opponent Fumble Recoveries: J.Love 1, D.Young 1, N.Emmanwori 1 **Total: 3**

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	
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	1	0	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





TRANSACTIONS

Jan. 1	Placed on injured reserve Signed from practice squad	TE Brady Russell WR John Rhys Plumlee	April 29	Released	LB Michael Dowell QB Jaren Hall C Mike Novitsky
Jan. 4	Elevated from practice squad Placed on injured reserve Signed from practice squad	DT Quinton Bohanna TE Tyler Mabry CB Josh Jobe T Abraham Lucas CB Artie Burns NT Brandon Pili	May 2	Signed	DE Kenneth Odumegwu CB Zy Alexander WR Tyrone Broden LB Seth Coleman LB Jalan Gaines LB Jared Ivey DE T.J. Jackson TE Nick Kallerup T Amari Kight TE Marshall Lang C Federico Maranges LB Connor O'Toole DT DeMeco Roland NT J.R. Singleton NT Bubba Thomas CB Isas Waxter LB Jackson Woodard RB Jacardia Wright DE T.J. Jackson LB Jackson Woodard
Jan. 6	Reverted to practice squad Signed to future 2025 contract	DT Quinton Bohanna TE Tyler Mabry DT Quinton Bohanna CB Ryan Cooper LB Michael Dowell CB Tyler Hall C Mike Novitsky DE Kenneth Odumegwu S Ty Okada WR Cornell Powell LB Jamie Sheriff LB Tyreke Smith CB Damarion Williams	May 6	Released	WR River Cracraft G Bryce Cabeldue WR Montorie Foster Jr. WR Tory Horton LB D'Eryk Jackson RB Damien Martinez DE Rylie Mills FB Robbie Ouzts T/G Mason Richman WR Ricky White III G Grey Zabel
Jan. 17	Signed to future 2025 contract	CB JT Woods	May 12	Released Signed	G Sala Aumavae-Laulu WR Nate McCollum QB Jalen Milroe DT DeMeco Roland DT Anthony Campbell WR Nate McCollum TE Mitch Van Vooren TE Mitch Van Vooren P Michael Dickson T Luke Felix-Fualalo CB Shaquill Griffin S Nick Emmanwori TE Elijah Arroyo TE Noah Fant CB Zy Alexander CB Kam Alexander NT Justin Rogers RB Kenny McIntosh RB Donovan Kaufman NT Justin Rogers DT Thor Griffith Signed contract extension Pres. of FB Ops./GM John Schneider DT Thor Griffith CB Keydrain Calligan S AJ Finley LB Seth Coleman LB Michael Dowell LS Zach Triner
Jan. 26	Named offensive coordinator	Klint Kubiak			
Feb. 3	Signed to future 2025 contract	G Sala Aumavae-Laulu			
Feb. 5	Named defensive asst./special teams coach	Neiko Thorpe			
Feb. 11	Named offensive line coach Named offensive assistant Named quarterbacks coach	John Benton Michael Byrne Andrew Janocko			
Feb. 18	Named run game coord./sr. offensive advisor	Rick Dennison			
Feb. 21	Named run game specialist/asst. off. line coach Released	Justin Outten CB Ryan Cooper WR Cornell Powell			
March 4	Released	T George Fant S Rayshawn Jenkins LB Dre'Mont Jones DT Roy Robertson-Harris WR Tyler Lockett CB Josh Jobe DT Jarran Reed LB Ernest Jones IV WR DK Metcalf 2025 sixth-round pick 2025 second-round pick 2025 seventh-round pick QB Geno Smith 2025 third-round pick QB Sam Darnold G/T Josh Jones DE DeMarcus Lawrence WR Marquez Valdes-Scantling WR Cody White WR Cooper Kupp CB Shemar Jean-Charles LB Josh Ross WR River Cracraft S D'Anthony Bell TE Eric Saubert WR Steven Sims TE Brady Russell QB Drew Lock NT Cameron Young	May 20	Released Signed	
March 5	Released		May 29	Released Signed	
March 6	Re-signed		June 4	Released Signed	
March 10	Re-signed		June 6	Released	
March 11	Re-signed		June 10	Re-signed	
March 13	Traded to Pittsburgh Acquired from Pittsburgh Traded to Las Vegas Acquired from Las Vegas Signed		June 16	Signed	
			July 2	Signed	
			July 18	Signed	
			July 19	Signed	
			July 20	Released	
			July 21	Waived/non-football injury Signed	
March 14	Re-signed		July 28	Placed on injured reserve Signed	
March 18	Signed		July 29	Released Signed	
March 19	Signed		July 30	Signed contract extension	
March 21	Re-signed Signed		July 31	Released Signed	
March 24	Signed		Aug. 4	Placed on injured reserve Released Signed	
March 25	Signed				
April 9	Re-signed				
April 15	Signed				
April 23	Released				





TRANSACTIONS

Aug. 5	Released Signed	RB Donovan Kaufman RB Anthony Tyus III	Aug. 27	Signed to practice squad (cont.)	RB Anthony Tyus III WR Ricky White III
Aug. 6	Released Signed	WR Montorie Foster Jr. LB Seth Coleman	Aug. 28	Released from practice squad	RB Jacardia Wright DT Anthony Campbell
Aug. 11	Released Signed	CB Kam Alexander LB Alphonzo Tuputala		Signed to practice squad	LB Jalan Gaines RB Anthony Tyus III
Aug. 14	Released Signed	LB Michael Dowell FB Wesley Steiner		Released Signed	CB Shaquill Griffin WR Courtney Jackson
Aug. 26	Traded to Atlanta Acquired from Atlanta Veteran contract terminated	T Michael Jerrell 2027 conditional draft pick NT Quinton Bohanna CB Shemar Jean-Charles LS Zach Triner	Sept. 1	Released from practice squad Signed to practice squad	WR Courtney Jackson LB Chris Paul Jr. S D'Anthony Bell
	Released/injury settlement	WR Marquez Valdes-Scantling CB Tyler Hall WR Steven Sims CB Isas Waxter	Sept. 2	Released from practice squad	LB Chazz Surratt G Sataoa Laumea S D'Anthony Bell
	Waived/injured	WR John Rhys Plumlee FB Wesley Steiner		Signed to practice squad	CB Shemar Jean-Charles T Amari Kight RB Damien Martinez
	Placed on reserve/non-football injury	DT Johnathan Hankins DE Rylie Mills	Sept. 4	Signed contract extension	DT Anthony Campbell LB Jalan Gaines G Sataoa Laumea
	Placed on injured reserve	G Christian Haynes WR Tyrone Broden CB Keydrain Calligan	Sept. 6	Elevated from practice squad	T Abraham Lucas DT Quinton Bohanna CB Shaquill Griffin
	Released	DT Anthony Campbell LB Seth Coleman T Luke Felix-Fualalo DE Jalan Gaines LB D'Eryk Jackson T Amari Kight TE Marshall Lang G Sataoa Laumea C Federico Maranges RB Damien Martinez LB Patrick O'Connell NT Brandon Pili S Jerrick Reed II LB Josh Ross LB Jamie Sheriff DT J.R. Singleton LB Tyreke Smith DT Bubba Thomas LB Alphonzo Tuputala RB Anthony Tyus III WR Ricky White III CB Damarion Williams RB Jacardia Wright CB Shaquill Griffin CB Derion Kendrick NT Quinton Bohanna WR Tyrone Broden DT Anthony Campbell DE Jalan Gaines CB Shemar Jean-Charles T Amari Kight G Sataoa Laumea C Federico Maranges RB Damien Martinez LB Patrick O'Connell NT Brandon Pili S Jerrick Reed II LB Jamie Sheriff DT J.R. Singleton	Sept. 8	Reverted to practice squad	DT Quinton Bohanna CB Shaquill Griffin WR Cody White CB Shaquill Griffin WR Cody White S D'Anthony Bell DT Brandon Pili S D'Anthony Bell DT Brandon Pili CB Shaquill Griffin WR Cody White CB Shaquill Griffin WR Cody White
Aug. 27	Released Claimed off waivers Signed to practice squad		Sept. 15	Reverted to practice squad	RB Damien Martinez WR Cody White S Jerrick Reed II G Shane Lemieux S D'Anthony Bell RB Jacardia Wright S D'Anthony Bell RB Jacardia Wright S Jerrick Reed II WR Cody White RB Jacardia Wright RB Khalil Herbert FB Robbie Ouzts S D'Anthony Bell S Jerrick Reed II T Amari Kight DT Brandon Pili 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
			Sept. 17	Released Signed from practice squad Signed to practice squad	
			Sept. 19	Released Released from practice squad Signed to practice squad	
			Sept. 20	Signed from practice squad Signed to practice squad Activated from practice squad	
			Sept. 22	Reverted to practice squad	
			Sept. 23	Released Signed from practice squad Placed on practice squad/injured reserve Signed to practice squad	
			Sept. 24	Placed on injured reserve Signed from practice squad Signed to practice squad	
			Sept. 25	Elevated from practice squad	
			Sept. 26	Reverted to practice squad	
			Sept. 29	Signed to practice squad	
			Oct. 1	Signed to N.Y. Jets active roster Signed to practice squad	
			Oct. 4	Elevated from practice squad	
			Oct. 6	Reverted to practice squad	
			Oct. 8	Placed on practice squad/injured reserve Signed to practice squad	





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





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 RB George Holani
Jan. 24	Elevated from practice squad	RB Cam Akers
Jan. 26	Reverted to practice squad	RB Velus Jones Jr. RB Cam Akers
	(4,274th transaction since 2010)	RB Velus Jones Jr.



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	S	2025 IN	DNP
Akers, C.																		3	0	2	0
Arroyo, E.	te	TE	te	te	te	te	te	TE	te	TE	te	TE	te	ir	ir	ir	ir	13	4	0	0
Barner, A.	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	TE	17	17	0	0
Bell, D.	ps	S	S	s	s	s	sub	s	sub	s	s	s	s	s	ps	s	ps	14	2	0	0
Bobo, J.	in	wr	wr	wr	wr	wr	wr	in	in	in	wr	in	wr	wr	in	wr	wr	11	0	6	0
Bohanna, Q.	dt	ps	ps	ps	ps	ps	ps	ps	dt	dt	dt	dt						5	0	0	0
Bradford, A.	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	17	17	0	0
Bryant, C.	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	in	in	15	15	2	0
Cabeldue, B.	dnp	sub	g	dnp	dnp	dnp	dnp	g	c	sub	sub	c	c	in	in	in	in	8	0	4	5
Charbonnet, Z.	rb	rb	in	rb	rb	rb	rb	rb	rb	rb	rb	rb	rb	rb	rb	rb	rb	16	0	1	0
Cross, C.	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	LT	in	in	in	14	14	3	0
Darnold, S.	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	17	17	0	0
Dickson, M.	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	17	0	0	0
Diggs, Q.												sub	ps	ps	ps	ps	ps	1	0	0	0
Emmanwori, N.	s	in	in	in	S	s	S	S	s	S	S	S	S	S	S	S	S	14	11	3	0
Griffin, S.	dnp	cb	ps	ps	ps	CB	dnp	ps	ps	ps	ps	in	in	ps	ps	ps	ps	2	1	2	2
Hall, D.	lb	lb	lb	LB	LB	in	in	lb	lb	lb	LB	lb	lb	lb	lb	sus	lb	14	3	2	0
Hall, T.										ps	ps	ps	ps	ps	ps	ps	sub	1	0	0	0
Haynes, C.	ir	ir	ir	ir	ir	ir	ir	ir	ir	g	sub	g	g	sub	sub	sub	sub	8	0	0	0
Holani, G.	sub	sub	rb	sub	sub	sub	sub	rb	rb	rb	sub	ir	ir	ir	ir	ir	ir	11	0	0	0
Horton, T.	wr	wr	wr	wr	WR	WR	wr	WR	in	in	in	ir	ir	ir	ir	ir	ir	8	3	2	0
Ivey, J.	in	in	lb	in	in	in	in	in	in	in	in	in	in	in	in	in	in	2	0	15	0
Jobe, J.	cb	CB	CB	CB	CB	CB	CB	CB	in	CB	CB	CB	CB	CB	CB	CB	CB	16	15	1	0
Jones IV, E.	LB	LB	LB	LB	LB	LB	LB	LB	in	LB	in	LB	LB	LB	LB	LB	LB	15	15	2	0
Jones, J.	t	sub	t	in	in	in	t	t	t	sub		t	t	t	LT	LT	LT	14	3	3	0
Jones, V.											ps	sub	rb	rb	ps	ps	ps	3	0	0	0
Kallerup, N.	in	in	in	in	in	in	in	te	te	te	te	te	te	te	te	te	te	10	0	7	0
Kendrick, D.	sub	cb	cb	sub	cb	cb	sub	in	cb	sub	sub							10	0	1	0
Kight, A.	ps	ps	ps	t	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	sub	sub	t	4	0	0	0
Knight, T.	LB	LB	LB	lb	lb	lb	sub	lb	LB	sub	in	lb	lb	sub	sub	lb	sub	16	6	1	0
Kupp, C.	WR	WR	WR	WR	WR	WR	WR	in	WR	WR	WR	WR	WR	WR	WR	WR	wr	16	15	1	0
Lawrence, D.	LB	LB	LB	LB	in	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	16	16	1	0
Lock, D.	dnp	dnp	qb	dnp	dnp	dnp	dnp	qb	qb	dnp	dnp	qb	qb	dnp	dnp	dnp	dnp	5	0	0	12
Love, J.	S	S	in	S	in	in	in	ir	ir	ir	ir	ir	S	S	S	S	S	8	8	4	0
Lucas, A.	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	17	17	0	0
Mafe, B.	LB	LB	LB	lb	LB	lb	lb	lb	lb	lb	lb	lb	lb	lb	lb	lb	lb	17	4	0	0
Mills, R.	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	nfi	de	de	de	4	0	0	0
Milroe, J.	qb	in	qb	dnp	qb	in	in	in	in	in	in	in	in	in	in	in	in	3	0	13	1
Morris, M.	de	de	de	de	de	de	de	de	de	de	de	de	de	de	de	de	sub	17	0	0	0
Murphy II, B.	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	17	17	0	0
Myers, J.	k	k	k	k	k	k	k	k	k	k	k	k	k	k	k	k	k	17	0	0	0
Nwosu, U.	in	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	lb	sub	lb	lb	lb	sub	sub	lb	sub	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	dnp	dnp	dnp	dnp	c	c	C	C	C	C	dnp	dnp	dnp	dnp	8	4	0	9
O'Toole, E.	in	in	in	in	sub	lb	sub	lb	lb	in	in	in	in	in	sub	lb	sub	8	0	9	0
Ouzts, R.	FB	fb	FB	ir	ir	ir	ir	fb	fb	fb	fb	fb	fb	in	fb	fb	fb	12	2	1	0
Pili, B.	ps	dt	ps	dt	dt	dt	dt	dt	DT	dt	dt	dt	dt	dt	in	in	dt	13	1	2	0
Pritchett, N.	sub	cb	cb	sub	cb	cb	sub	cb	cb	sub	sub	cb	cb	sub	cb	cb	sub	17	0	0	0
Reed, Ja.	DT	dt	dt	dt	dt	DT	dt	dt	ir	ir								13	3	0	0
Reed II, Je.	ps	ps	s	ps	sub	sub	sub	s										5	0	0	0
Richman, M.	in	in	in	t	sub	in	in	in	in	in	in	in	in	in	in	in	in	2	0	15	0
Russell, B.	sub	sub	fb	fb	fb	fb	FB	fb	fb	sub	fb	fb	fb	fb	sub	sub	fb	17	1	0	0
Saubert, E.	te	te	te	TE	te	te	te	ir	ir	ir	ir	ir	ir	TE	TE	TE	TE	11	5	0	0
Shaheed, R.									wr	wr	WR	wr	WR	wr	wr	wr	WR	9	3	0	0
Sheriff, J.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	sub	ps	ps	ps	ps	ps	ps	1	0	0	0
Smith-Njigba, J.	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	17	17	0	0
Stoll, C.	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	17	0	0	0
Sundell, J.	C	C	C	C	C	C	C	C	C	ir	ir	ir	ir	C	C	C	C	13	13	0	0
Surratt, C.	sub	sub	sub	sub	sub	sub	sub	lb	sub	sub	sub	ir	ir	ir	ir	ir	ir	11	0	0	0
Thomas, D.	lb	lb	lb	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	LB	17	14	0	0
Walker III, K.	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	17	17	0	0
White, C.	wr	ps	ps	in	in	ps	ps	wr	wr	wr	wr	wr	wr	wr	wr	sub	ir	10	0	2	0
White III, R.	ps	ps	ps	ps	ps	ps	ps	wr	wr	ps	ps	ps	ps	ps	ps	ps	ps	2	0	0	0
Williams, L.	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT	17	17	0	0
Witherspoon, D.	CB	in	in	CB	in	in	in	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB	12	12	5	0
Woolen, R.	CB	CB	CB	CB	CB	in	CB	cb	CB	cb	cb	cb	cb	cb	cb	cb	cb	16	7	1	0
Wright, J.	ps	ps	rb	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	in	ir	ir	ir	ir	ir	ir	sub	wr	wr	9	0	2	0
Zabel, G.	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	17	17	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			
	1/17 SF	1/25 LAR	2/8 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	Free Agents	By Experience
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)	2025 QB Sam Darnold (UFA) LB Jared Ivey G/T Josh Jones (UFA) TE Nick Kallerup T Amari Kight WR Cooper Kupp LB DeMarcus Lawrence (UFA) QB Drew Lock (UFA) LB Connor O'Toole TE Eric Saubert	LB DeMarcus Lawrence 12 K Jason Myers 11 DT Leonard Williams 11 DT Jarran Reed 10 WR Cooper Kupp 9 QB Sam Darnold 8 P Michael Dickson 8 LB Uchenna Nwosu 8 TE Eric Saubert 8 QB Drew Lock 7 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 T Abraham Lucas 4 LB Boye Mafe 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 Derick Hall 3 DE Mike Morris 3 LB Patrick O'Connell 3 S Ty Okada 3 C Olu Oluwatimi 3 DT Brandon Pili 3 FB Brady Russell 3 WR Jaxon Smith-Njigba 3 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
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)	2024 RB George Holani CB Josh Jobe C Jalen Sundell	
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)	2023 WR Jake Bobo S Julian Love (UFA) LB Patrick O'Connell S Ty Okada LS Chris Stoll	
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)		2022 LB Uchenna Nwosu (UFA)	
2018	P Michael Dickson (5c)		2019 K Jason Myers (UFA)	
2016	DT Jarran Reed (2)			



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 (Defensive Coordinator), Jay Harbaugh (Special Teams Coordinator), Klint Kubiak (Offensive Coordinator), John Benton (Offensive Line), Mack Brown (Tight Ends), Josh Byner (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./QB), Karl Scott (Defensive Passing Game Coordinator/DBs), Neiko Thorpe (Defensive Asst./DBs), Danny van Dijk (Head Strength & Cond.), Jamie Yancher (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 Emmannwori	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 Milroe	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	Derrick 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	Amari 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
<u>Injured Reserve</u>										
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
<u>Practice Squad</u>										
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	19 Jake Bobo
LT	67 Charles Cross	74 Josh Jones	79 <u>Amari Kight</u>
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	78 Mason Richman
TE	88 AJ Barner	81 Eric Saubert	89 <u>Nick Kallerup</u>
			18 <u>Elijah Arroyo</u>
WR	11 Jaxon Smith-Njigba	83 Dareke Young	
QB	14 Sam Darnold	2 Drew Lock	6 <u>Jalen Milroe</u>
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	98 <u>Rylie Mills</u>
NT	91 Byron Murphy II	95 Brandon Pili	
DE	0 DeMarcus Lawrence	94 Mike Morris	98 <u>Rylie Mills</u>
RUSH	58 Derick Hall	51 <u>Jared Ivey</u>	
MLB	13 Ernest Jones IV	48 Tyrice Knight	52 Patrick O'Connell
WLB	42 Drake Thomas	48 Tyrice Knight	
SLB	7 Uchenna Nwosu	53 Boye Mafe	58 Derick Hall
			57 <u>Connor O'Toole</u>
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	19 Jake Bobo
KR	22 Rashid Shaheed	83 Dareke Young
LS	41 Chris Stoll	

() injured; Underline: Rookie

PRONUNCIATION GUIDE

Nick Emmanwori... EE-man-WORE-ee	Robbie Ouzts... OOTS	Devon Witherspoon... DEV-in
Nick Kallerup... CAL-err-up	Brandon Pili... PEE-lee	Riq Woolen... reek
Tyrice Knight... TY-rees	Jarran Reed... JARE-in	Dareke Young... duh-REEK
Boye Mafe... boy-YAY mah-fay	Eric Saubert... SAW-bert	Grey Zabel... ZAY-bull
Uchenna Nwosu... oo-CHEH-nuh new-OH-soo	Rashid Shaheed... rah-SHEED shuh-HEED	
Ty Okada... oh-KAH-duh	Jaxon Smith-Njigba... in-JIGG-buh	
Olu Oluwatimi... OH-loo OH-loo-wah-TIMM-ee	Chris Stoll... stole	
	Jalen Sundell... sun-DELL	

