

NEWS RELEASE

SEAHAWKS OPEN 50TH SEASON HOSTING SAN FRANCISCO AT LUMEN FIELD

2025 SCHEDULE

DDEGEAGGN	1	
PRESEASON	(-	I – I)

Date	Opponent	W/L	Score
8/7	Las Vegas	T	23-23
8/15	Kansas City	W	33-16
8/23	at Green Bay	L	20-7
	-,	8/7 Las Vegas 8/15 Kansas City	8/7 Las Vegas T 8/15 Kansas City W

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REGU	ILAR SEA	SON (0-0)		
Day	Date	Opponent	Time (PT)	TV
Sun.	9/7	San Francisco	1:05 p.m.	FOX
Sun.	9/14	at Pittsburgh	10:00 a.m.	FOX
Sun.	9/21	New Orleans	1:05 p.m.	CBS
Thu.	9/25	at Arizona	5:15 p.m.	Prime
Sun.	10/5	Tampa Bay*	1:05 p.m.	CBS
Sun.	10/12	at Jacksonville*	10:00 a.m.	FOX
Mon.	10/20	Houston	7:00 p.m.	ESPN
Sun.	10/26	Bye Week		
Sun.	11/2	at Washington*	5:20 p.m.	NBC
Sun.	11/9	Arizona*	1:05 p.m.	CBS
Sun.	11/16	at L.A. Rams*	1:05 p.m.	FOX
Sun.	11/23	at Tennessee*	10:00 a.m.	FOX
Sun.	11/30	Minnesota*	1:05 p.m.	FOX
Sun.	12/7	at Atlanta*	10:00 a.m.	FOX
Sun.	12/14	Indianapolis*	1:25 p.m.	CBS
Thu.	12/18	L.A. Rams*	5:15 p.m.	Prime
TBD	TBD	at Carolina	TBD	TBD
TBD	TBD	at San Francisco	TBD	TBD

^{*} Game subject to NFL Flexible Scheduling

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VS.



0-0

0-0

The Seahawks open the season at home for the fourth-consecutive year, going 2-1 in those previous games, as they host San Francisco on Kickoff Weekend. Kickoff is set for 1:05 p.m. (PT).

This will be the 53rd meeting between the two clubs, with Seattle leading the series, 30-22. Last season, the Seahawks snapped a 49ers five-game regular season winning streak, defeating the Niners, 20-17, on November 17 in San Francisco.

Seattle's all-time Kickoff Weekend record is 21-28.

BROADCAST INFORMATION

TV Network



Joe Davis (play-by-play) Greg Olsen (analyst) Pam Oliver (sidelines)

(channel 13 in Seattle)

Seahawks Radio Network



Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines)

KIRO NEWSRADIO

Channel 83 or 226

National Radio



Jorge Sedano (play-by-play) Kelly Stouffer (analyst)

THIS WEEK'S SCHEDULE

Wednesday, September 3

12:15 p.m. Head Coach Mike Macdonald press conference12:30 p.m. Selected players press conferences; open locker room

1:10 p.m. Practice

Thursday, September 4

12:15 p.m. QB Sam Darnold press conference

12:30 p.m. Selected players press conferences; open locker room

1:10 p.m. Practice

3:30 p.m. Coordinators, assistant coaches available

Friday, September 5

11:25 a.m. Practice

1:15 p.m. Coach Macdonald available; open locker room

Saturday, September 6

No media availability

Sunday, September 7

1:05 p.m. 49ers vs. Seahawks

Monday, September 8

TBD Coach Macdonald press conference





... AND 2024 RECAP

TEAM

- * Seattle's all-time Kickoff Weekend record is 21-28.
- * In 2024, posted 14th double-digit win season in franchise history, and ninth time reaching 10 wins in the last 13 seasons.

MIKE MACDONALD

* Winningest first-year head coach in franchise history with 10.

ZACH CHARBONNET

* Set career-highs with 569 rushing yards and eight touchdowns.

MICHAEL DICKSON

- * His 48.2 punt average ranks third in NFL history.
- * Needs 51 punts to pass Rick Tuten for second-place on Seattle's all-time punts list with 555.

DERICK HALL

* Set career-highs in sacks (8.0) and quarterback hits (20).

ERNEST JONES IV

* Posted his third-consecutive 100-tackle season.

JULIAN LOVE

- * Posted his third-consecutive 100-tackle season.
- * One of two defensive backs (Kevin Byard) with 100 tackles in each of the last three seasons (2022-24).

JASON MYERS

- * Needs 39 points scored to pass Steven Hauschka for secondplace on Seattle's all-time points scored list with 760.
- * Needs 17 field goals made to pass Steven Hauschka for firstplace on Seattle's all-time field goals made list with 176.

* Ranks tied for second in franchise history in field goals made (159), ranks third in points scored (721) and third in field goal percentage (86.4, 159 for 184).

JARRAN REED

* Needs 2.0 sacks to pass Frank Clark for 10th-place on Seattle's all-time sacks list with 35.5.

JAXON SMITH-NJIGBA

- * Needs 82 receptions to pass Koren Robinson for 10th-place on Seattle's all-time receptions list with 245 (currently ranks tied for 25th).
- * Needs nine touchdowns to pass Bobby Engram and Jimmy Graham for 10th-place on Seattle's all-time receiving touchdowns list with 19 (currently ranks tied for 30th).

KENNETH WALKER III

- * Needs 85 yards to pass Maurice Morris for 10th-place on Seattle's all-time rushing yards list with 2,613.
- * Needs five touchdowns to pass Sherman Smith for fifth-place on Seattle's all-time rushing touchdowns list with 29.

LEONARD WILLIAMS

- * Became first Seahawks player with double-digit sacks (11.0, T10th NFL) since Frank Clark and Jarran Reed in 2018.
- * Set career-high with 16 tackles for loss last season.
- * Led all NFL interior lineman in sacks and tackles for loss.
- * One of two players (Myles Garrett) with two-plus sacks and threeplus tackles for loss in three games last season.

DEVON WITHERSPOON

* Became fifth Seahawks player to begin career with consecutive Pro Bowl nominations.





SERIES VS. SF

THILL

		R	EGULAR S	SEASON:	SEAHAWKS LEAD 30	-22			
September 26, 1976	L		37-21	59,108	December 23, 2012	W		42-13	68,161
October 7, 1979	W	@	35-24	44,592	September 15, 2013	W		29-3	68,338
November 25, 1985	L	@	19-6	57,482	December 8, 2013	L	@	19-17	69,732
September 25, 1988	L		38-7	63,382	November 27, 2014	W	@	19-3	70,799
December 8, 1991	L		24-22	56,711	December 14, 2014	W		17-7	68,526
December 21, 1997	W		38-9	66,253	October 22, 2015	W	@	20-3	70,799
October 14, 2002	L		28-21	66,420	November 22, 2015	W		29-13	68,993
December 1, 2002	L	@	31-24	67,594	September 25, 2016	W		37-18	69,010
October 12, 2003	W		20-19	66,437	January 1, 2017	W	@	25-23	70,178
December 27, 2003	W	@	24-17	67,840	September 17, 2017	W		12-9	68,729
September 26, 2004	W		34-0	66,709	November 26, 2017	W	@	24-13	70,134
November 7, 2004	W	@	42-27	64,423	December 2, 2018	W		43-16	69,009
November 20, 2005	W	@	27-25	63,590	December 16, 2018	L	@	26-23 ot	68,836
December 11, 2005	W		41-3	66,690	November 11, 2019	W	@	27-24 ot	71,404
November 19, 2006	L	@	20-14	68,367	December 29, 2019	L		26-21	69,162
December 14, 2006	L		24-14	67,650	November 1, 2020	W		37-27	0
September 30, 2007	W	@	23-3	67,651	January 3, 2021	W	#	26-23	0
November 12, 2007	W		24-0	68,331	October 3, 2021	W	@	28-21	68,912
September 14, 2008	L		33-30 ot	67,951	December 5, 2021	W		30-23	68,758
October 26, 2008	W	@	34-13	67,504	September 18, 2022	L	@	27-7	71,597
September 20, 2009	L	@	23-10	69,732	December 15, 2022	L		21-13	68,957
December 6, 2009	W		20-17	67,761	November 23, 2023	L		31-13	68,702
September 12, 2010	W		31-6	67,044	December 10, 2023	L	@	28-16	71,816
December 12, 2010	L	@	40-21	69,732	October 10, 2024	L		36-24	68,768
September 11, 2011	L	@	33-17	69,732	November 17, 2024	W	@	20-17	71,751
December 24, 2011	L		19-17	66,697					

HEAD-TO-HEAD COMPARISON					
2024 REGULAR SEASON	SEAHAWKS	49ERS			
Record	10-7	6-11			
Total Yards Gained	5,647	6,397			
Total Offense (NFL Rank)	332.2 (14)	376.3 (4)			
Rush Offense	95.7 (28)	127.2 (12)			
Pass Offense	236.5 (8)	249.1 (4)			
Points Per Game	22.1 (18)	22.9 (13)			
Total Yards Allowed	5,656	5,396			
Total Defense	332.7 (14)	317.4 (8)			
Rush Defense	120.8 (16)	124.6 (18)			
Pass Defense	211.9 (11)	192.8 (5)			
Points Allowed/Game	21.6 (11)	25.6 (27)			
Possession Avg.	28:54	30:29			
Sacked/Yds. Lost	54/359	36/190			
Sacks Made/Yds. Lost	45/327	37/198			
Interceptions By	13	11			
Penalties/Yds.	119/987	111/843			
Punts/Avg.	76/49.4	47/44.2			
Turnover Differential	-6 (23)	-10 (27)			

2024 STAT LEADERS				
	SEAHAWKS	49ERS		
Rushing	Kenneth Walker III	Jordan Mason		
	573 (153-3.7-7)	789 (153-5.2-3)		
Passing	Geno Smith	Brock Purdy		
	4,320 (578-407-21-15-93.2)	3,864 (455-300-20-12-96.1)		
Receiving	Jaxon Smith-Njigba	George Kittle		
	100 (1,130-11.3-6)	78 (1,106-14.2-8)		
Scoring	Zach Charbonnet	George Kittle		
(Non kick	er) 54	48		
Sacks	Leonard Williams	Nick Bosa		
	11.0	9.0		
Int.	three tied	Lenoir & Warner		
	3	2		
Punting	Michael Dickson	Mitch Wishnowsky		
	49.4/43.3 net (31 In 20)	45.2/36.3 net (11 In 20)		
Kicking	Jason Myers	Jake Moody		
	115 (26/30 FG, 37/40 PAT)	104 (24/34 FG, 32/33 PAT)		

Played at State Farm Stadium in Glendale, Ariz.



October 18, 2012

13-6

69,732

TEAM NOTES

SERIES VS. SAN FRANCISCO

Record in Seattle
Kingdome
Lumen Field
Record at San Francisco
Candlestick Park 6-8
Levi's Stadium
State Farm Stadium (COVID-19)
<u>Current Streaks</u> Seattle won the last meeting
Longest Win Streaks
Seahawks
49ers
Last Game Played in
Seattle
San Francisco Seahawks 20, 49ers 17 (11/17/24)
<u>Total Points in Series</u>
Seahawks
49ers
Largest Margin of Victory
Seahawks
49ers31 points, 38-7 (9/25/88)
Combined Points
Highest 69 (Seahawks win 42-27 on 11/7/04)
Lowest
<u>Shutouts</u>
Seahawks34-0 (9/26/04) & 24-0 (11/12/07)
49ersNone
Mike Macdonald vs. 49ers (Regular Season) 1-1
With Seattle1-1
Playoffs0-0
Kyle Shanahan vs. Seahawks (Regular Season)
With San Francisco7-9
Playoffs1-0

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	49ERS
Rushing	Thomas Rawls	Frank Gore
Yards	30-209-7.0-1	24-212-8.8-0
	11/22/15	11/19/06
Passing	Matt Hasselbeck	Nick Mullens
Yards	55-30-427-3-2	48-30-414-2-1
	12/1/02	12/2/18
Receiving	Doug Baldwin	George Kittle
Yards	8-164-20.5-1	9-181-20.1-2
	9/25/16	12/5/21

DEFENSE SINCE WEEK 11 2024

18.4

Points Allowed/Game (5th NFL)

205.0

Pass Yds Allowed/Game (6th NFL)

304.8

Yards Allowed/Game (4th NFL)

18.1

First Downs Allowed (5th NFL)

+43

SCORING DIFFERENTIAL IN THE LAST TWO MINUTES OF EITHER HALF IN 2024 (1ST NFL) 74

WINS IN THE REGULAR SEASON DURING THE MONTHS OF NOV.-JAN. SINCE 2012 (T2ND NFL)



SEATTLE'S **DEFENSE** RANKS **SECOND** IN THE NFL WITH **50** OPPONENT THREE-AND-OUTS.



TEAM NOTES

.658

Best Winning % following inseason loss since 2012 (50-26)

24

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

133-78-1

2nd-best record in the NFL since 2012, and one of four teams with 130 wins over that span.

92-19

Record when winning the turnover battle since 2010

17-26-1

Franchise overtime record

59

2nd-most road wins in the NFL since 2013

80-42

6th-best home record in the NFL since 2010

Seattle has a 27-11 record in its last 38 10 a.m. (PT) kickoff starts. It has won 19 of its last 24 early kickoffs while also posting a 19-7 record, including playoffs, in the eastern time zone since 2018.



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

PRIME-TIME RECORD SINCE 2010

11-7-1 14-5

Sunday nights Monday nights

0 - 1

11-6

Tuesday nights

Thursday nights

36-19-1

Second-best prime-time record in NFL since 2010

Home record in prime-time games since 2010

.698

Best all-time winning % in Monday Night Football history (30-13)

181

Consecutive sell outs of Lumen Field (including playoffs, and this Sunday vs. SF)

69,190

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

246

Opponent false starts at Lumen Field since 2005 (1st NFL)



12 FLAG RAISERS ON THE **TOYOTA FAN DECK**

2025 SEASON

8/7 Las Vegas - High School Girls Flag Football Team	8/7	Las Vegas - High Sch	nool Girls Flag Football Teams
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8/15 Kansas City - Seahawks Legend Curt	/15	Kansas City - Sea	ahawks Legend	Curt Warner
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9/7 San Francisco -

9/21 New Orleans -

10/5 Tampa Bay -

10/20 Houston -

11/9 Arizona -

11/30 Minnesota -

12/14 Indianapolis -

12/18 L.A. Rams -







2025 FLIGHT TIMES

Seattle to Green Bay - 2:53 Green Bay to Seattle - 3:45 Seattle to Pittsburgh -Pittsburgh to Seattle -Seattle to Arizona -Arizona to Seattle -Seattle to Jacksonville - Jacksonville to Seattle -Seattle to Washington -Washington to Seattle -Seattle to L.A. Rams -L.A. Rams to Seattle -Seattle to Tennessee -Tennessee to Seattle -

Seattle to Atlanta Atlanta to Seattle Seattle to Carolina Carolina to Seattle Seattle to San Francisco San Francisco 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).



MILH

COOPER









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)

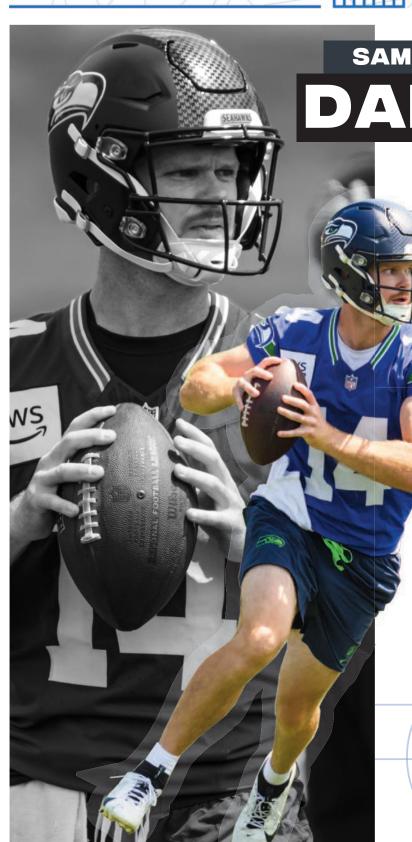
57

RECEIVING TDS (3RD)









RNOLD PRO BOWL 2024

SINGLE-SEASON CAREER-HIGHS IN 2024

361

COMPLETIONS (9TH)

4,319

PASSING YDS (5TH NFL)

35

PASSING TDS (5TH NFL)

66.29

COMPLETIONS PERCENTAGE

102.5

PASSER RATING (6TH NFL)

PFWA

MOST IMPROVED PLAYER

- * BECAME MINNESOTA'S FIFTH 4,000-YARD PASSER
- * SET VIKINGS RECORD WITH 13 GAMES WITH 100+ PASSER RATING
- * LED MINNESOTA TO TEAM RECORD 14 WINS









WILLIAMS

LEONARD

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)

8.5

SACKS OVER THE LAST SEVEN GAMES IN 2024, ALONG WITH 39 TACKLES, 12 TACKLES FOR LOSS, 14 QUARTERBACK HITS, 1 INTERCEPTION RETURNED 92 YARDS FOR A TOUCHDOWN, ONE BLOCKED PAT

1ST

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



#9 KENNETH WALKER III



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)

CAREER RUSHING TOUCHDOWNS (T6TH IN FRANCHISE HISTORY)

LED ALL ROOKIES IN RUSHING YARDS IN 2022

7nd

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

TOTAL TOUCHDOWNS IN 2024 (7 RUSH, 1 PASS)

CAREER MULTI-TOUCHDOWN GAMES (LAST: AT ATLANTA,

10/20/24)

#20 JULIAN LOVE



TEAM-TACKLES IN 2024

INTERCEPTIONS IN 2024 (T1ST ON TEAM)



PD IN 2024 PROBOWL (2ND ON TEAM)

#26 ZACH CHARBONNET

CAREER-HIGH TOTAL YARDS (AT ARIZONA, 12/8/24)

SINGLE-GAME CAREER-HIGH RUSH YARDS; FIRST-CAREER 100-YARD GAME (AT ARIZONA, 12/8/24)

SINGLE-GAME CAREER-HIGH RECEIVING YARDS (AT ARIZONA, 12/8/24)

CAREER-HIGH TYING RUSHING TOUCHDOWNS (AT ARIZONA, 12/8/24)

CAREER-HIGH RUSHING TOUCHDOWNS IN 2024

CAREER-HIGH RUSHING YARDS IN 2024





#58 DERICK HALL

YARD FUMBLE RETURN FOR A TOUCHDOWN (AT ATLANTA, 10/20/24), HIS FIRST-CAREER TOUCHDOWN

CAREER-HIGH SACKS (2ND ON TEAM IN 2024)

CAREER-HIGH QB HITS (2ND ON TEAM IN 2024)





#5 JASON MYERS

6

CAREER GAME-WINNING KICKS

SINGLE-SEASON FRANCHISE RECORD FOR MADE FIELD **GOALS (2023)**

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

MADE FIELD GOALS FROM 50+, 1ST FRANCHISE HISTORY

MADE FIELD GOALS FROM 50+ THIS SEASON (CAREER-HIGH AND **FRANCHISE RECORD**)

MADE FIELD GOALS, 3RD FRANCHISE HISTORY



PRO BOWL 2018



86.4%

FRANCHISE HISTORY

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

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

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





#21 DEVON WITHERSPOON

PASSES DEFENSED IN 2024 (3RD ON TEAM)

SECOND-LONGEST **INTERCEPTION RETURN IN FRANCHISE HISTORY (AT** NYG, 10/2/23)





BECAME THE FIFTH PLAYER IN SEAHAWKS HISTORY TO BEGIN CAREER WITH CONSECUTIVE PRO BOWL NOMINATIONS.



#4 MICHAEL DICKSON

CAREER PUNT AVERAGE (3RD IN NFL HISTORY)

PUNT AVG. - HOLDS SINGLE-SEASON FRANCHISE RECORD (50.0, 2023)



ΑP 1ST TEAM



2018



#27 RIO WOOLEN

PRO BOWL

2022

INTERCEPTIONS IN 2024 (T1ST ON TEAM)

TEAM-LEADING PASSES DEFENSED (T10TH NFL)



#8 COBY BRYANT

INTERCEPTIONS IN 2024 (T1ST ON TEAM)

YARD INTERCEPTION **RETURN FOR TOUCHDOWN** (VS. ARIZONA, 11/24/24); FIRST-CAREER TOUCHDOWN; **NAMED NFC DEFENSIVE PLAYER OF THE WEEK 12**



2025 NATIONAL FOOTBALL LEAGUE

2025 NATIONAL F	FOOTB	ALL LI	EAGU	E													
SEATTLE SEAHAWKS:	WON 1,	LOST 1,	TIED 1							RUSHING		AT	Т	YDS	AVG	LONG	TD
DATE R	ESULT		OP	PONE	NT		Т	IME/AT	TEND	Wright		2	1	147	7.0	61	1
W2- 8/7 T	23-23		LAS	VEG	AS			(68,425	Holani		1	2	110	9.2	30	1
W3- 8/15 W	/ 33-16		KAI	NSAS	CITY			(68,614	Milroe		1	5	87	5.8	27	0
W4- 8/23 L	7-20		at G	reen	Bay				71,819	Martinez		2	4	84	3.5	19	1
TEAM TOTALS					TI	EAM		OPPON	IENTS	Tyus		2	1	55	2.6	11	0
FIRST DOWNS						61			43	Charbonnet			5	45	9.0	15t	1
Rushing						27			11	Lock			5	38	7.6	30	0
Passing						29			29	R. White			1	2	2.0	2	0
Penalty						5			3	TEAM		10	4	568	5.5	61	4
3rd Downs				1	7-40 (42	.5%)		15-41 (3	36.6%)	OPPONENTS		8	2	308	3.8	24	0
4th Downs					1-6 (16	.7%)		3-5 (6	60.0%)	RECEIVING		RE	С	YDS	AVG	LONG	TD
AVG. POSSESSION PEI	R 60 MIN	S				31:21			28:39	C. White			5	95	19.0	26	1
TOTAL NET YARDS						1098			754	Young			4	83	20.8	31	0
Avg. Per Game					3	866.0			251.3	Bobo			5	51	10.2	12t	2
Total Plays						187			172	Horton			4	43	10.8	13	1
Avg. Per Play						5.9			4.4	Martinez			6	43	7.2	13	0
NET YARDS RUSHING						568			308	R. White			3	40	13.3	20	0
Avg. Per Game					1	89.3			102.7	Valdes-Scantling			3	33	11.0	27	0
Attempts						104			82	Arroyo			4	33	8.3	10	0
NET YARDS PASSING						530			446	Ouzts			2	30	15.0	17	0
Avg. Per Game					1	76.7			148.7	Russell			2	24	12.0	17	0
Sacked/Yards Lost						6/35			7/62	Holani			1	20	20.0	20	0
Gross Yards						565			508	Lang			3	20	6.7	14	0
Att-Comp				48	3-77 (62	.3%)		54-83 (6	35.1%)	Broden			1	15	15.0	15	0
Had Intercepted						1			3	Kallerup			1	12	12.0	12	0
PUNTS/AVERAGE					13/	/51.2		1	1/54.3	Saubert			1	9	9.0	9	0
PUNTS/NET AVERAGE					13/	/39.8		1	1/43.4	Smith-Njigba			1	7	7.0	7	0
PENALTIES/YARDS					21	/169			17/130	Barner			1	5	5.0	5	0
FUMBLES/LOST						7/4			2/0	Tyus			1	2	2.0	2	0
TOUCHDOWNS						8			6	TEAM		4	8	565	11.8	31	4
Rushing						4			0	OPPONENTS		5	4	508	9.4	41t	5
Passing						4			5	INTERCEPTIONS		IN	Т	YDS	AVG	LONG	TD
Returns						0			1	Jobe			1	28	28.0	28	0
SCORE BY PERIOD			C	21	Q2	Q3	Q4	ОТ	TOT	Okada			1	23	23.0	23	0
TEAM				14	25	7	17	0	63	Pritchett			1	8	8.0	8	0
OPPONENTS				10	20	10	19	0	59	TEAM			3	59	19.7	28	0
		TOUCH								OPPONENTS			1	0	0.0	0	0
SCORING	TOT	RU	PA	RT	XPK	XP2	FG	SAF	PTS	PUNTING	TOT	YDS	AVG	NET	ТВ	IN20 LONG	
Myers	0	0	0	0	7/8	0	2/2	0	13	Dickson	13	666	51.2	39.8	1	6 77	
Bobo	2	0	2	0	0/0	0	0/0	0	12	TEAM	13	666	51.2	39.8	1	6 77	
Charbonnet	1	1	0	0	0/0	0	0/0	0	6	OPPONENTS	11	597	54.3	43.4	0	2 67	
Holani	1	1	0	0	0/0	0	0/0	0	6	PUNT RETURNS	RET	F		YDS	AVG	LONG	TD
Horton	1	0	1	0	0/0	0	0/0	0	6	C. White	2		0	46	23.0	35	0
Martinez	1	1	0	0	0/0	0	0/0	0	6	D. Williams	4		0	35	8.8	12	0
C. White	1	0	1	0	0/0	0	0/0	0	6	Bobo	3		0	34	11.3	20	0
Wright	1	1	0	0	0/0	0	0/0	0	6	Horton	1		1	5	5.0	5	0
Pili	0	0	0	0	0/0	0	0/0	1	2	TEAM	10		1	120	12.0	35	0
Defensive 2-Pt Runback:); OPP- (OPPONENTS	8		3	128	16.0	88t	1
Safety On Try After TD:); OPP- (KICKOFF RETURNS		RE		YDS	AVG	LONG	TD
TEAM	8	4	4	0	7/8	0-0	2/2	1	63	Holani			3	73	24.3	26	0
OPPONENTS	6	0	5	1	5/5	0-1	6/8	0	59	Tyus			2	58	29.0	30	0
SACKS	C. D. II. 4	0. OIT		0:	4 4.0	0	F. T	.4-1- 0	C. T.A	Plumlee			2	48	24.0	26	0
Coleman- 1.5; Sheriff- 1.5 7.0; OPP- 6.0	b; Bell- 1.	U; O 100	ne- 1.0;	Single	ton- 1.0	; ivey- u	.5; Tupi	utaia- 0.	5; I IVI-	Young			1	29	29.0	29	0
FUMBLES/LOST										Martinez			2	25	12.5	20	0
Milroe- 3/3; Bobo- 1/1; Lo	ock- 1/0· 7	Tvus- 1/0): D. Wil	liams-	1/0: TM	l- 7/4· ∩	PP- 2/0			TEAM		1		233	23.3	30	0
		. ,	., **		., 0, 110	, ., .	,0			OPPONENTS	.00		7	228	32.6	49 50 :	0 TOT
										FIELD GOALS	<20	20-2		30-39	40-49	50+	TOT
										Myers	0/0	1/		0/0	1/1	0/0	2/2
										TEAM	0/0	1/		0/0	1/1	0/0	2/2
										OPPONENTS	0/0	1/	ı	1/1	1/1	3/5	6/8
										FIELD GOAL ATTEMPTS							
										Myers: W2-48G; W3-23G							

TEAM: W2-48G; W3-23G; W4-OPPONENTS: W2-27G,55N,56G,51G,55B; W3-34G; W4-48G,52G

PASSING	ATT	COMP	YDS	COMP%	YDS/ATT	TD	TD%	INT	INT%	LONG	SAC/LST	RATING
Lock	34	22	276	64.7	8.12	3	8.8	1	2.9	31	0/0	107.0
Milroe	39	22	255	56.4	6.54	1	2.6	0	0.0	27	6/35	84.9
Darnold	4	4	34	100.0	8.50	0	0.0	0	0.0	13	0/0	102.1
TEAM	77	48	565	62.3	7.34	4	5.2	1	1.3	31	6/35	96.5
OPPONENTS	83	54	508	65.1	6.12	5	6.0	3	3.6	41t	7/62	86.8



DEFENSIVE STATS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Ivey, J.	15	5	10	0.5	5.5	0	1	0	0	0	0
Thomas, D.	14	5	9	0	0	0	0	0	0	0	0
Williams, D.	13	9	4	0	0	2	0	0	1	0	0
O'Connell, P.	12	5	7	0	0	0	0	0	0	0	0
Bell, D.	11	7	4	1.0	9.0	2	2	0	0	0	0
Jackson, D.	11	6	5	0	0	0	0	0	0	0	0
Okada, T.	9	6	3	0	0	0	0	1	1	0	0
O'Toole, C.	9	4	5	1.0	8.0	1	3	0	0	0	0
Hall, T.	7	2	5	0	0	0	0	0	0	0	0
Sheriff, J.	7	3	4	1.5	15.0	1	3	0	0	0	0
Thomas, B.	7	1	6	0	0	0	0	0	0	0	0
Reed II, Je.	6	3	3	0	0	1	0	0	1	0	0
Singleton, J.	6	4	2	1.0	2.0	2	2	0	0	1	0
Tuputala, A.	6	3	3	0.5	5.5	0	1	0	0	0	0
Coleman, S.	5	4	1	1.5	17.0	1	4	0	0	0	0
Pritchett, N.	5	5	0	0	0	0	0	1	2	0	0
Campbell, A.	4	1	3	0	0	1	1	0	0	0	0
Jones IV, E.	4	1	3	0	0	0	0	0	0	0	0
Smith, T.	4	2	2	0	0	1	1	0	1	0	0
Calligan, K.	3	2	1	0	0	0	0	0	0	0	0
Emmanwori, N.	3	3	0	0	0	0	0	0	0	0	0
Pili, B.	3	3	0	0	0	1	0	0	0	0	0
Waxter, I.	3	2	1	0	0	0	0	0	1	0	0
Bryant, C.	2	2	0	0	0	0	0	0	0	0	0
Griffin, S.	2	1	1	0	0	0	0	0	0	0	0
Love, J.	2	1	1	0	0	0	0	0	0	0	0
Morris, M.	2	1	1	0	0	1	2	0	0	0	0
Alexander, K.	1	1	0	0	0	0	0	0	0	0	0
Bohanna, Q.	1	0	1	0	0	0	0	0	0	0	0
Dowell, M.	1	1	0	0	0	0	0	0	0	0	0
Hall, D.	1	0	1	0	0	0	0	0	0	0	0
Jobe, J.	1	1	0	0	0	0	0	1	1	0	0
Mafe, B.	1	0	1	0	0	0	0	0	0	0	0

	SPECIAL TEAMS TACKLES												
	Total	Solo	Assist	FF	FR	Blocks							
O'Toole, C.	2	2	0	0	0	0							
Reed II, Je.	2	1	1	0	0	0							
Holani, G.	1	1	0	0	0	0							
Lang, M.	1	1	0	0	0	0							
Myers, J.	1	1	0	0	0	0							
Okada, T.	1	1	0	0	0	0							
Russell, B.	1	1	0	0	0	0							
Smith, T.	1	1	0	0	0	0							
Tuputala, A.	1	1	0	0	0	0							
White, C.	1	1	0	0	0	0							
Wright, J.	1	1	0	0	0	0							
Gaines, J.	0	0	0	0	0	1							

		FUMB	LES	
	Fum	Lost	Own-Rec	0.B.
Milroe, J.	3	3	0	0
Bobo, J.	1	1	0	0
Lock, D.	1	0	0	0
Tyus III, A.	1	0	1	0
Williams, D.	1	0	1	0
Kight, A.	0	0	1	0



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 TE Tyler Mabry			C Mike Novitsky DE Kenneth Odumegwu
	Placed on injured reserve	CB Josh Jobe	May 2	Signed	CB Zy Alexander
	r lacea on injurea reserve	T Abraham Lucas	ividy 2	oigned	WR Tyrone Broden
	Signed from practice squad	CB Artie Burns			LB Seth Coleman
		NT Brandon Pili			LB Jalan Gaines
Jan. 6	Reverted to practice squad	DT Quinton Bohanna			LB Jared Ivey
		TE Tyler Mabry			DE T.J. Jackson
	Signed to future 2025 contract	DT Quinton Bohanna			TE Nick Kallerup
		CB Ryan Cooper LB Michael Dowell			T Amari Kight TE Marshall Lang
		CB Tyler Hall			C Federico Maranges
		C Mike Novitsky			LB Connor O'Toole
		DE Kenneth Odumegwu			DT DeMeco Roland
		S Ty Okada			NT J.R. Singleton
		WR Cornell Powell			NT Bubba Thomas
		LB Jamie Sheriff			CB Isas Waxter
		LB Tyreke Smith CB Damarion Williams			LB Jackson Woodard RB Jacardia Wright
Jan. 17	Signed to future 2025 contract	CB Damarion Williams CB JT Woods	May 6	Released	DE T.J. Jackson
Jan. 17	Named offensive coordinator	Klint Kubiak	Iviay 0	Neieaseu	LB Jackson Woodard
Feb. 3	Signed to future 2025 contract	G Sala Aumavae-Laulu	May 12	Released	WR River Cracraft
Feb. 5	Named defensive asst./special team	ns coach Neiko Thorpe		Signed	G Bryce Cabeldue
Feb. 11	Named offensive line coach	John Benton			WR Montorie Foster Jr.
	Named offensive assistant	Michael Byrne			WR Tory Horton
F-1 10	Named quarterbacks coach	Andrew Janocko			LB D'Eryk Jackson
Feb. 18	Named run game coord./sr. offensiv Named run game specialist/asst. of				RB Damien Martinez DE Rylie Mills
Feb. 21	Released	CB Ryan Cooper			FB Robbie Ouzts
160. 21	Released	WR Cornell Powell			T/G Mason Richman
March 4	Released	T George Fant			WR Ricky White III
		S Rayshawn Jenkins			G Grey Zabel
		LB Dre'Mont Jones	May 20	Released	G Sala Aumavae-Laulu
	B. I	DT Roy Robertson-Harris		Signed	WR Nate McCollum
	Released Re-signed	WR Tyler Lockett CB Josh Jobe	May 29	Released	QB Jalen Milroe DT DeMeco Roland
	Re-signed	DT Jarran Reed	Ividy 29	Signed	DT Anthony Campbell
	Re-signed	LB Ernest Jones IV	June 4	Released	WR Nate McCollum
	Traded to Pittsburgh	WR DK Metcalf		Signed	TE Mitch Van Vooren
		2025 sixth-round pick	June 6	Released	TE Mitch Van Vooren
	Acquired from Pittsburgh	2025 second-round pick	June 10	Re-signed	P Michael Dickson
	-	2025 seventh-round pick	June 16	Signed	T Luke Felix-Fualalo
	Traded to Las Vegas Acquired from Las Vegas	QB Geno Smith	July 2	Signed	CB Shaquill Griffin S Nick Emmanwori
	Signed	2025 third-round pick QB Sam Darnold	July 18 July 19	Signed Signed	TE Elijah Arroyo
	oigned	G/T Josh Jones	July 20	Released	TE Noah Fant
		DE DeMarcus Lawrence	July 21	Waived/non-football injury	CB Zy Alexander
	W	/R Marquez Valdes-Scantling		Signed	CB Kam Alexander
	Re-signed	WR Cody White			NT Justin Rogers
March 18	3	WR Cooper Kupp	July 28	Placed on injured reserve	RB Kenny McIntosh
March 19	Signed Re-signed	CB Shemar Jean-Charles LB Josh Ross	July 20	Signed Released	RB Donovan Kaufman NT Justin Rogers
iviai CII Z I	Signed	WR River Cracraft	July 29	Signed	DT Thor Griffith
March 24		S D'Anthony Bell	July 30	Signed contract extension	Pres. of FB Ops./GM John Schneider
		TE Eric Saubert	July 31	Released	DT Thor Griffith
March 25	-	WR Steven Sims		Signed	CB Keydrain Calligan
April 9	Re-signed	TE Brady Russell	Aug. 4	Placed on injured reserve	S AJ Finley
April 15	Signed	QB Drew Lock		Released	LB Seth Coleman
April 23	Released	NT Cameron Young		Signed	LB Michael Dowell LS Zach Triner



ANSACTIONS

HILLI

Aug. 5 Released Signed Released Aug. 6 Signed Released Aug. 11 Signed Aug. 14 Released Signed Traded to Atlanta Aug. 26 Acquired from Atlanta Veteran contract terminated

WR Montorie Foster Jr. LB Seth Coleman 2027 conditional draft pick **CB Shemar Jean-Charles**

RB Donovan Kaufman

RB Anthony Tyus III

CB Tyler Hall

Waived/injured

Placed on reserve/non-football injury

Placed on injured reserve Released

Released/injury settlement

CB Kam Alexander LB Alphonzo Tuputala LB Michael Dowell FB Wesley Steiner T Michael Jerrell NT Quinton Bohanna LS Zach Triner WR Marquez Valdes-Scantling WR Steven Sims **CB** Isas Waxter WR John Rhys Plumlee FB Wesley Steiner DT Johnathan Hankins DE Rylie Mills G Christian Haynes WR Tyrone Broden CB Keydrain Calligan 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

Released Aug. 27 Claimed off waivers Signed to practice squad

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

Aug. 27 Signed to practice squad (cont.) Released from practice squad Aug. 28 Signed to practice squad Released

Signed Released from practice squad Sept. 1 Signed to practice squad Released from practice squad Sept. 2

Signed to practice squad

(4,099th transaction since 2010)

RB Anthony Tyus III WR Ricky White III RB Jacardia Wright DT Anthony Campbell LB Jalan Gaines RB Anthony Tyus III **CB Shaquill Griffin** WR Courtney Jackson LB Chris Paul Jr. S D'Anthony Bell LB Chazz Surratt G Sataoa Laumea S D'Anthony Bell CB Shemar Jean-Charles T Amari Kight **RB** Damien Martinez DT Anthony Campbell LB Jalan Gaines G Sataoa Laumea





PARTICIPATION CHART



	1	2	3/23			2025 IN	
ate ame lexander, K.	8/8 LV	2 8/15 KC	/23 GB	G	S	IN 0	DN
rroyo, E. arner, A. ell, D.	cb TE dnp	te TE	np np	2 1	1 1	0	
000. J.	dnp S WR	s wr	np S wr	3 3	2 1	0	
ohanna, Q. adford <u>,</u> A.	NT RG	NT RG	NT np	3 2	3 2 0	0	
oden, T. yant, C.	wr dnp	wr S	wr Inp RG	1	0 1 1	0 0 0	
ábeldue, B. alligan, K. ampbell, A.	g cb dt	g cb dt RB	dt	21 33323131333	0	0	
narbonnet, Z. oleman S	dnp lb	ŘB lb	np lb	1 3	1 0	Ŏ O	
ross, C. arnold, S. ckson, M.	dnp dnp	dnp QB	np np	0 1	0	0	
owell, M.	p lb	р	p'	3 1 2 3 1	0	0	
nmanwori, N. lix-Fualalo, L.	s t lb	S t dņp	np t	3	0	0 0 0	
ines, J. iffin, S. all, D.	dnp dnp	cb LB	Inp CB Inp	2	1 1	0	
III. I.	cb dnp	cb dnp	cb Inp		Ó 0	0	
ankins, J. aynes, C. olani, <u>G</u> .	g RB	g rb	Inp np	2 2	0	0	
orton, T. ey, J.	WR lb lb	wr Ib Ib	np LB Ib	3	1 0	0 0 0	
ickson, D. an-Charles, S. rrell M	dnp t	dnp t	np RT	21302223303212330	0	0	
rrell, M. be, J. nes IV, E.	CB	cb LB LT	np np	2 1	1 1	0	
nes, J. Illerun N	dnp LT te	te	np TE _T	2 3	2 1	0	
iht, A. ight, T. pp, C.	t dnp	t dnp WR	Inp	3	1	0	
pp, G. ng, M. umea, S	dnp te	te	njo te 	1 3	1 0 1	0 0 0	
wrence, D. ck, D.	g dnp QB	dnp ab	np np	3 3 0 2 1	0 1	0	
ve, J. cas, A.	dnp RT	qb S RT	Inip Inip	1 2	1 2 1	0	
afe, B. aranges, F.	dnp Ç	LB C	Inp C	2133032130330322223	1 1	0	
aranges, F. artinez, D. Ils, R. Iroe, J.	rb pup	rb pup	RB Jup JB	0	0	0 0 0	
orris, M. urphy II, B.	gb DE dnp	pup qb de DT	Inp	3 2 1	1 1	0	
yers, J. vosu. U.	k'	K	np k np		Ó 0	0	
Connell, P. ada, T.	pup LB S	pup LB .s	Inp LB S	3	3 2 0	0	
uwatimi, O. Toole, C. Izts, R.	dnp lb	dnp lb	np Ib	0	0	0	
i, B. Jmlee, J.	fb NT wr	FB nt wr	np np	2 2	1 0	0 0 0	
itchett, N. ed, Ja.	ČB dnp	cb dnp	no CB no	3	2	0	
ed II, Je. chman. M.	s t	s t	inp S t	0 3 3 0	1	0	
ss, J. ´ ssell, B.	dnp <u>fb</u>	dnp fb	Inp -B 	0	0 1	0	
ubert, E. eriff, J. ns. S	TE dnp dnp	te lb dnp	np lb nn	3 2 2 0	0	0 0 0	
ns, S. Igleton, J. Iith, T.	nt LB	nt dnp	Inp VT _B	3 2	1 2	Ŏ	
nith-Njigba, J. einer, W. oll, C.	dnp	WR sub	Inp Inp	1 1	1 0	0 0	
oll, C. ndell, J. omas, <u>B</u> .	dnp C	dnp C	Inip Inp	0 2	0 2 0	0	
omas, B. omas, D. ner, Z.	nt LB	nt Ib	nt _B LB	3	0 2 0	0 0 0	
putala, A. us III. A.	ls rb	ls lb rb	ls lb rb	23332332033330	0	0	
putala, A. us III, A. Ides-Scantling, M alker III, K.	l. dnp dnp	wr dnp	VR Inp	2 0	1	0	
axter, I. nite, C. nite III, R.	wr	cb wr	cb wr	3	0	0	
iliams, D.	wr CB	wr cb	wr cb	3	0 1	0	
lliams, L. therspoon, D. polen, R.	dnp dnp dnp	dnp CB CB	np np	0 1 1	0 1 1	0 0 0	
right, J. Jung, D. Jung, G.	dnp rb wr	rb wr	np tb VR	3 3 2	0	0	
bel, G.	I G	I G	np e at position: sub - special teams only: dnp - did not play: in - inactive: ps - practice squa	d: ir - injured reserve:	2	ŏ	

Zaber, G. LG Grip 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





Year	By Draft	Trade/Waivers/Practice Squad
2025	G Grey Zabel (1)	CB Derion Kendrick (W)
	S Nick Emmanwori (2a)	
	TE Elijah Arroyo (2b)	
	QB Jalen Milroe (3)	
	WR Tory Horton (5b)	
	FB Robbie Ouzts (5c)	
	G Bryce Cabeldue (6)	
	T/G Mason Richman (7b)	
2024	DT Byron Murphy II (1)	LB Ernest Jones IV (T)
	LB Tyrice Knight (4a)	
	TE AJ Barner (4b)	
	CB Nehemiah Pritchett (5)	
2023	CB Devon Witherspoon (1a)	TE Brady Russell (PS)
	WR Jaxon Smith-Njigba (1b)	LB Drake Thomas (W)
	LB Derick Hall (2a)	DE Leonard Williams (T)
	RB Zach Charbonnet (2b)	
	G Anthony Bradford (4a)	
	DE Mike Morris (5a)	
	C Olu Oluwatimi (5b)	
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	DE Jarran Reed (2)	

Free Agents
2025
QB Sam Darnold (UFA)
LB Jared Ivey
G/T Josh Jones (UFA)
TE Nick Kallerup
WR Cooper Kupp
DE DeMarcus Lawrence (UFA)
QB Drew Lock (UFA)
LB Connor O'Toole
TE Eric Saubert
LB Chazz Surratt
2024
RB George Holani
CB Josh Jobe
C Jalen Sundell
2023
WR Jake Bobo
S Julian Love (UFA)
S Ty Okada
LS Chris Stoll
WR Cody White

2022

2019

LB Uchenna Nwosu (UFA)

K Jason Myers (UFA)

)	LB	U
,	TE	Eı
	QB	D
	S	Jı
	Τ	Jo
	WR	C
	LB	Eı
	S	D,
	S	C
	Τ	C
	CB	Jo
	CB	D
	Τ	Α
	LB	В
	CB	Ri
	RB	K
	WR	D
	WR	Já
	G	Α
	RB	Z
	LB	D
	DE	M
	S	T
	С	0
	FB	Bı
	WR	Já
	LS	С
	LB	D
	CB	D
	TE	A.
	RB	G
	LB	Ty

By Ex	perience	
DE	DeMarcus Lawrence	12
K	Jason Myers	11
DE	Leonard Williams	11
NT	Jarran Reed	10
WR	Cooper Kupp	9
QB	Sam Darnold	8
Р	Michael Dickson	8
LB	Uchenna Nwosu	8
TE	Eric Saubert	8
QB	Drew Lock	7
S	Julian Love	7
Т	Josh Jones	6
WR	Cody White	6
LB	Ernest Jones IV	5
S	D'Anthony Bell	4
S	Coby Bryant	4
T	Charles Cross	4
CB	Josh Jobe	4
CB	Derion Kendrick	4
T	Abraham Lucas	4
LB	Boye Mafe	4
CB	Rig Woolen	4
RB	Kenneth Walker III	4
WR	Dareke Young	4
WR	Jake Bobo	3
G	Anthony Bradford	3
RB	Zach Charbonnet	3
LB	Derick Hall	3
DE	Mike Morris	3
S		3
C	Ty Okada	3
	Olu Oluwatimi	
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
RB	George Holani	2
LB	Tyrice Knight	2
DT	Byron Murphy II	2
CB	Nehemiah Pritchett	
С	Jalen Sundell	2
TE	Elijah Arroyo	R
G	Bryce Cabeldue	R
S	Nick Emmanwori	R
WR	Tory Horton	R
LB	Jared Ivey	R
TE	Nick Kallerup	R
QB	Jalen Milroe	R
LB	Connor O'Toole	R
FB	Robbie Ouzts	R
T/G	Mason Richman	R

Grey Zabel

2025 Seattle Seahawks Alphabetical Roster (Updated 9/2/25)

	2025 Seattle Seahawks Alphabetical Roster (Updated 9/2/25)									
No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp	o. College	Hometown	Acquired
18	Arroyo, Elijah	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
88	Barner, AJ	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
23	Bell, D'Anthony	S	6-1	211	10/17/1996	28	4	West Florida	Covington, Ga.	FA-'25
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
77	Cabeldue, Bryce	G	6-4	308	9/4/2001	23	R	Kansas	Clovis, N.M.	D6-'25
26	Charbonnet, Zach	RB	6-1	220	1/8/2001	24	3	UCLA	Camarillo, Calif.	D2(b)-'23
67	Cross, Charles	Т	6-5	317	11/25/2000	24	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	Р	6-2	208	1/4/1996	29	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
36	Holani, George	RB	5-10	208	12/16/1999	25	2	Boise State	Bellflower, Calif.	FA-'24
15	Horton, Tory	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'25
51	Ivey, Jared	LB	6-6	274	12/5/2001	23	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	25	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
1	Kendrick, Derion	СВ	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
48	Knight, Tyrice	LB	6-0	233	12/20/1999	25	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	DE	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	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
20	Love, Julian	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, III.	UFA(NYG)-'23
72	Lucas, Abraham	Т	6-6	322	10/15/1998	26	4	Washington State	Everett, Wash.	D3-'22
53	Mafe, Boye	LB	6-4	261	11/30/1998	26	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
6	Milroe, Jalen	QB	6-2	216	12/13/2002	22	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	22	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	28	8	USC	Carson, Calif.	UFA(LAC)-'22
39	Okada, Ty	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
55	Oluwatimi, Olu	С	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	22	R	Alabama	Rock Hill, S.C.	D5(c)-'25
28	Pritchett, Nehemiah	СВ	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
90	Reed, Jarran	NT	6-3	315	12/16/1992	32	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, III.	FA-'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	С	6-5	301	10/18/1999	25	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	24	4	Michigan State	Arlington, Tenn.	D2(b)-'22
82	White, Cody	WR	6-3	227	11/28/1998	26	6	Michigan State	Novi, Mich.	FA-'23
99	Williams, Leonard	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
21	Witherspoon, Devon	СВ	6-0	185	12/11/2000	24	3	Illinois	Pensacola, Fla.	D1(a)-'23
27	Woolen, Riq	СВ	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
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Head Coach: Mike Macdonald, Aden Durde (Defensive Coordinator), Jay Harbaugh (Special Teams Coordinator), Klint 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 (Strength & Cond. Asst.), Kennedy Polamalu (RBs), Tyson Prince (Off. Asst./QBs), Karl Scott (Defensive Passing Game Coordinator/DBs), Neiko Thorpe (Defenive Asst./DBs), Danny van Dijk (Head Strength & Cond.), Jamie Yanchar (Strength & Cond. Asst.).

		2	025 Se	eattle S	Seahawks I	Nume	rical	Roster (updated !	<u>9/2/25)</u>	
No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
0	DeMarcus Lawrence	DE	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
1	Derion Kendrick	СВ	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
2	Drew Lock	QB	6-4	228	11/10/1996	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
3	Nick Emmanwori	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
4	Michael Dickson	Р	6-2	208	1/4/1996	29	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	22	R	Alabama	Katy, Texas	D3-'25
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	28	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	24	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	25	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
15	Tory Horton	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'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, III.	UFA(NYG)-'23
21	Devon Witherspoon	СВ	6-0	185	12/11/2000	24	3	Illinois	Pensacola, Fla.	D1(a)-'23
26		RB	6-1	220		24	3	UCLA		
	Zach Charbonnet				1/8/2001		4		Camarillo, Calif.	D2(b)-'23
27 20	Riq Woolen	CB	6-4	210	5/2/1999	26		Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0 5-11	190	2/11/2001	24	2	Alabama	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	25	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	22	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
44	Chazz Surratt	LB	6-2	233	2/16/1997	28	5	North Carolina	Denver, N.C.	FA-'25
48	Tyrice Knight	LB	6-0	233	12/20/1999	25	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	23	R	Mississippi	Suwanee, Ga.	FA-'25
53	Boye Mafe	LB	6-4	261	11/30/1998	26	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
55	Olu Oluwatimi	С	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	С	6-5	301	10/18/1999	25	2	North Dakota State	Maryville, Mo.	FA-'24
67	Charles Cross	Т	6-5	317	11/25/2000	24	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	Т	6-6	322	10/15/1998	26	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
77	Bryce Cabeldue	G	6-4	308	9/4/2001	23	R	Kansas	Clovis, N.M.	D6-'25
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
31	Eric Saubert	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, III.	FA-'25
32	Cody White	WR	6-3	227	11/28/1998	26	6	Michigan State	Novi, Mich.	FA-'23
33	Dareke Young	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
38 38	AJ Barner	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	3/27/2002	23 24	Z R	Minnesota	Wayzata, Minn.	FA-'25
90	Jarran Reed	NT	6-3	315	12/16/1992	32	10	Alabama	Goldsboro, N.C.	D2-'16
90 91	Byron Murphy II	DT	6-0	306	9/8/2002	22	2	Texas	DeSoto, Texas	D1-'24
91 94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D1-24 D5(a)-'23
								•		` '
99 ni	Leonard Williams	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
	ed Reserve	WD	6.0	200	1/2/2004	24	2	Control Florida	Hattiochura Maiss	EA 124
17	John Rhys Plumlee	WR	6-0	200	1/2/2001	24	2	Central Florida	Hattiesburg, Miss.	FA-'24
25	Kenny McIntosh	RB	6-0	211	3/3/2000	25	3	Georgia	Fort Lauderdale, Fla.	D7-'23
0	AJ Finley	S	6-2	202	9/14/2001	23	3	Mississippi	Mobile, Ala.	W(LAC)-'24
4	Christian Haynes	G	6-3	317	4/13/2000	25	2	Connecticut	Bowie, Md.	D3-'24
	erve/Non-Football Injur	_								
7	Johnathan Hankins	NT	6-3	335	3/30/1992	33	13	Ohio State	Dearborn Heights, Mich.	UFA(Dal)-'24
8	Rylie Mills	DE	6-5	296	8/20/2001	24	R	Notre Dame	Lake Bluff, III.	D5(a)-'25
	tion Council									
rac	tice Squad		6-1	211	10/17/1996	28	4	West Florida	Covington, Ga.	FA-'25
	D'Anthony Bell	S		400	7/20/1995	30	9	Central Florida	St. Petersburg, Fla.	D3(a)-'17
23		S CB	6-0	198			ь.	Minney vi Ctata		
3	D'Anthony Bell		6-0 6-0	198 218	9/26/2000	24	R	Missouri State	Decatur, III.	FA-'25
23 24 31	D'Anthony Bell Shaquill Griffin	СВ				24 25	3	New Mexico	Decatur, III. Olive Branch, Miss.	FA-'25 D6-'23
23 24 31 32	D'Anthony Bell Shaquill Griffin Jacardia Wright	CB RB	6-0	218	9/26/2000				Olive Branch, Miss.	
23 24 31 32	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II	CB RB S	6-0 5-9 6-1	218 197 235	9/26/2000 8/7/2000 11/4/2004	25 20	3 R	New Mexico	Olive Branch, Miss. Cordele, Miss.	D6-'23 FA-'25
23 24 31 32 49	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff	CB RB S LB LB	6-0 5-9 6-1 6-1	218 197 235 254	9/26/2000 8/7/2000 11/4/2004 8/18/2000	25 20 25	3 R 2	New Mexico Mississippi South Alabama	Olive Branch, Miss. Cordele, Miss. Terry, Miss.	D6-'23 FA-'25 FA-'24
23 24 31 32 49 50	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell	CB RB S LB LB	6-0 5-9 6-1 6-1 6-1	218 197 235 254 231	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998	25 20 25 26	3 R 2 3	New Mexico Mississippi South Alabama Montana	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont.	D6-'23 FA-'25 FA-'24 FA-'23
23 24 31 32 49 50 52	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines	CB RB S LB LB LB	6-0 5-9 6-1 6-1 6-1 6-3	218 197 235 254 231 242	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001	25 20 25 26 24	3 R 2 3 R	New Mexico Mississippi South Alabama Montana Illinois State	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, III.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25
23 24 31 32 49 50 52 56 62	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges	CB RB S LB LB LB C	6-0 5-9 6-1 6-1 6-1 6-3 6-3	218 197 235 254 231 242 302	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001	25 20 25 26 24 23	3 R 2 3 R	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, III. Dorado, Puerto Rico	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25
23 24 31 32 49 50 52 56 62 63	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea	CB RB S LB LB LB C G	6-0 5-9 6-1 6-1 6-1 6-3 6-3 6-4	218 197 235 254 231 242 302 319	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001	25 20 25 26 24 23 24	3 R 2 3 R R 2	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 D6(a)-'24
23 24 31 32 49 50 52 56 62 63	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton	CB RB S LB LB LB C G	6-0 5-9 6-1 6-1 6-3 6-3 6-4	218 197 235 254 231 242 302 319 299	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001 2/13/2002	25 20 25 26 24 23 24 23	3 R 2 3 R R 2	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah Iowa State	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 D6(a)-'24
23 24 31 32 49 50 52 56 62 63 70 84	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton Courtney Jackson	CB RB S LB LB C G	6-0 5-9 6-1 6-1 6-3 6-3 6-4 6-1 5-11	218 197 235 254 231 242 302 319 299 183	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001 2/13/2002 3/13/2001	25 20 25 26 24 23 24 23 24	3 R 2 3 R R 2	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah Iowa State Arkansas State	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill. Monroeville, Pa.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 D6(a)-'24 FA-'25 FA-'25
23 24 31 32 49 50 52 56 62 63 70 84 85	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton Courtney Jackson Tyrone Broden	CB RB S LB LB C G	6-0 5-9 6-1 6-1 6-3 6-3 6-4 6-1 5-11 6-5	218 197 235 254 231 242 302 319 299 183 194	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 1//3/2001 2/13/2002 3/13/2001 2/26/2001	25 20 25 26 24 23 24 23 24 24	3 R 2 3 R R 2 R R 2	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah Iowa State Arkansas State Arkansas	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill. Monroeville, Pa. Detroit, Mich.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 D6(a)-'24 FA-'25 FA-'25 FA-'25
23 24 31 32 49 50 52 56 62 63 70 84 85 86	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton Courtney Jackson Tyrone Broden Ricky White III	CB RB S LB LB C G NT WR WR	6-0 5-9 6-1 6-1 6-3 6-3 6-3 6-4 6-1 5-11 6-5 6-1	218 197 235 254 231 242 302 319 299 183 194 181	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001 2/13/2002 3/13/2001 2/26/2001 2/6/2002	25 20 25 26 24 23 24 23 24 24 23 24 24 23	3 R 2 3 R R 2 R R R R	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah lowa State Arkansas State Arkansas UNLV	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill. Monroeville, Pa. Detroit, Mich. Marietta, Ga.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25
23 24 31 32 49 50 52 56 62 63 70 84 85 86 92	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton Courtney Jackson Tyrone Broden Ricky White III Quinton Bohanna	CB RB S LB LB C G NT WR WR WR	6-0 5-9 6-1 6-1 6-3 6-3 6-4 6-1 5-11 6-5 6-1 6-4	218 197 235 254 231 242 302 319 299 183 194 181 355	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001 2/13/2002 3/13/2001 2/26/2001 2/6/2002 3/16/1999	25 20 25 26 24 23 24 23 24 24 23 25	3 R 2 3 R R 2 R R R R R F S	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah lowa State Arkansas State Arkansas UNLV Kentucky	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill. Monroeville, Pa. Detroit, Mich. Marietta, Ga. Memphis, Tenn.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 D6(a)-'24 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25
23 24 31 32 49 50 52 56 62 63 70 84 85 86	D'Anthony Bell Shaquill Griffin Jacardia Wright Jerrick Reed II Chris Paul Jr. Jamie Sheriff Patrick O'Connell Jalan Gaines Federico Maranges Sataoa Laumea J.R. Singleton Courtney Jackson Tyrone Broden Ricky White III	CB RB S LB LB C G NT WR WR	6-0 5-9 6-1 6-1 6-3 6-3 6-3 6-4 6-1 5-11 6-5 6-1	218 197 235 254 231 242 302 319 299 183 194 181	9/26/2000 8/7/2000 11/4/2004 8/18/2000 12/31/1998 4/12/2001 10/5/2001 1/13/2001 2/13/2002 3/13/2001 2/26/2001 2/6/2002	25 20 25 26 24 23 24 23 24 24 23 24 24 23	3 R 2 3 R R 2 R R R R	New Mexico Mississippi South Alabama Montana Illinois State Florida Atlantic Utah lowa State Arkansas State Arkansas UNLV	Olive Branch, Miss. Cordele, Miss. Terry, Miss. Kalispell, Mont. Chicago, Ill. Dorado, Puerto Rico Rialto, Calif. Gurnee, Ill. Monroeville, Pa. Detroit, Mich. Marietta, Ga.	D6-'23 FA-'25 FA-'24 FA-'23 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25 FA-'25

2025 Seattle Seahawks Positional Roster (updated 9/2/25)

	2025 Seattle Seahawks Positional Roster (updated 9/2/25)									
No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp	. College	Hometown	Acquired
1	Derion Kendrick	CB	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
21	Devon Witherspoon	CB	6-0	185	12/11/2000	24	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	СВ	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, III.	UFA(NYG)-'23
39	Ty Okada	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
0	DeMarcus Lawrence	DE	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
99	Leonard Williams	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
90	Jarran Reed	NT	6-3	315	12/16/1992	32	10	Alabama	Goldsboro, N.C.	D2-'16
91	Byron Murphy II	DT	6-0	306	9/8/2002	22	2	Texas	DeSoto, Texas	D1-'24
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	28	8	USC	Carson, Calif.	UFA(LAC)-'22
13	Ernest Jones IV	LB	6-2	233	11/22/1999	25	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
44	Chazz Surratt	LB	6-2	233	2/16/1997	28	5	North Carolina	Denver, N.C.	FA-'25 [°]
48	Tyrice Knight	LB	6-0	233	12/20/1999	25	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	23	R	Mississippi	Suwanee, Ga.	FA-'25
53	Boye Mafe	LB	6-4	261	11/30/1998	26	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	25	2	North Dakota State	Maryville, Mo.	FA-'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
77	Bryce Cabeldue	G	6-4	308	9/4/2001	23	R	Kansas	Clovis, N.M.	D6-'25
67	Charles Cross	T	6-5	317	11/25/2000	24	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/15/1998	26	4	Washington State	Everett, Wash.	D3-'22
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	lowa	Leawood, Kan.	D7(b)-'25
2	Drew Lock	QB	6-4	228	11/10/1996	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
6	Jalen Milroe	QB	6-2	216	12/13/2002	22	, 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	24	4	Michigan State	Arlington, Tenn.	D2(b)-'22
26	Zach Charbonnet	RB	6-1	220	1/8/2001	24	3	UCLA	Camarillo, Calif.	D2(b)-'23
36	George Holani	RB	5-10	208	12/16/1999	25	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	22	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		Aurora, Ohio	
		TE	6-5				Z R	Michigan		D4(b)-'24
89	Nick Kallerup			266	3/27/2001	24		Minnesota	Wayzata, Minn.	FA-'25 FA-'25
10	Cooper Kupp	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
15	Tory Horton	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'25
19	Jake Bobo	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
82	Cody White	WR	6-3	227	11/28/1998	26	6	Michigan State	Novi, Mich.	FA-'23
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	29	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



WR	10	Cooper Kupp	19	Jake Bobo	82	Cody White
LT	67	Charles Cross	74	Josh Jones	78	Mason Richman
LG	76	Grey Zabel	61	Jalen Sundell	77	Bryce Cabeldue
С	61	Jalen Sundell	55	Olu Oluwatimi		
RG	75	Anthony Bradford	61	Jalen Sundell		
RT	72	Abraham Lucas	74	Josh Jones		
TE	88	AJ Barner	81	Eric Saubert	18	Elijah Arroyo
					89	Nick Kallerup
WR	11	Jaxon Smith-Njigba	15	Tory Horton	83	Dareke Young
QB	14	Sam Darnold	2	Drew Lock	6	<u>Jalen Milroe</u>
FB	40	Robbie Ouzts	38	Brady Russell		
RB	9	Kenneth Walker III	26	Zach Charbonnet	36	George Holani

DEFENSE

DT	90	Jarran Reed					
NT	91	Byron Murphy II					
DE	99	Leonard Williams	9	4 Mike Morris			
RUSH	0	DeMarcus Lawrence	5	8 Derick Hall		51	Jared Ivey
MLB	13	Ernest Jones IV	4	4 Chazz Surratt			
WLB	48	Tyrice Knight	4	2 Drake Thomas			
SLB	7	Uchenna Nwosu OR	5	3 Boye Mafe	OR	58	Derick Hall
						57	Connor O'Toole
CB	21	Devon Witherspoon	2	9 Josh Jobe			
СВ	27	Riq Woolen	2	8 Nehemiah Pritch	ett	1	Derion Kendrick
S	8	Coby Bryant	3	9 Ty Okada			
S	20	Julian Love	3	Nick Emmanwor	<u>i</u>		

SPECIALISTS

K	5	Jason Myers	
P	4	Michael Dickson	
Н	4	Michael Dickson	
PR	15	Tory Horton	19 Jake Bobo
KR	36	George Holani	83 Dareke Young
LS	41	Chris Stoll	

() injured; Underline: Rookie

PRONUNCIATION GUIDE

Bryce Cabeldue... KAY-bul-dew
Zach Charbonnet... SHAR-buh-nay
Nick Emmanwori... EE-man-WORE-ee
George Holani... ho-LAH-nee
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-

OH-loo OH-loo-wah-TIMM-ee Robbie Ouzts... OOTS Jarran Reed... JARE-in Eric Saubert... SAW-bert 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

