

2026 Dallas Cowboys Roster

Offseason / training-camp roster (trims to 53 for the regular season). From SportsBrackets.net

Offense

#	Player	Pos	Age	Ht	Wt	Exp	College
56	Cooper Beebe	C	25	6' 4"	335	3	Kansas State
	Chris Glaser	G	26	6' 4"	308	2	Virginia
	DJ Wingfield	G		6' 3"	310	0	USC
52	Tyler Booker	G	22	6' 4"	321	2	Alabama
61	Nick Leverett	G	29	6' 4"	310	5	Rice
66	T.J. Bass	G	27	6' 4"	325	4	Oregon
73	Tyler Smith	G	25	6' 6"	332	5	Tulsa
76	Trevor Keegan	G	25	6' 5"	306	3	Michigan
60	Tyler Guyton	OT	25	6' 7"	322	3	Oklahoma
67	Drew Shelton	OT		6' 5"	305	0	Penn State
69	Ajani Cornelius	OT	24	6' 4"	310	2	Oregon
71	Nate Thomas	OT	24	6' 4"	331	3	Louisiana
75	Shiyazh Pete	OT		6' 8"	322	0	Kentucky
78	Terence Steele	OT	29	6' 6"	310	7	Texas Tech
79	Marcellus Johnson	OT	26	6' 4"	307	1	Missouri
4	Dak Prescott	QB	32	6' 2"	238	11	Mississippi State
10	Joe Milton III	QB	26	6' 5"	246	3	Tennessee
13	Sam Howell	QB	25	6' 1"	220	5	North Carolina
23	Jaydon Blue	RB	22	5' 9"	196	2	Texas
30	Israel Abanikanda	RB	23	5' 11"	215	3	Pittsburgh
33	Javonte Williams	RB	26	5' 10"	220	6	North Carolina
37	Phil Mafah	RB	23	6' 0"	234	2	Clemson
40	Hunter Luepke	RB	26	6' 1"	238	4	North Dakota State
43	Malik Davis	RB	27	5' 11"	202	3	Florida
43	Dominic Richardson	RB		6' 0"	210	0	Tulsa
46	Michael Trigg	TE		6' 4"	240	0	Baylor
49	DJ Rogers	TE		6' 4"	250	0	TCU
85	Princeton Fant	TE	27	6' 2"	235	2	Tennessee
86	Luke Schoonmaker	TE	27	6' 5"	250	4	Michigan
87	Jake Ferguson	TE	27	6' 5"	244	5	Wisconsin
89	Brevyn Spann-Ford	TE	26	6' 7"	270	3	Minnesota
	Denzel Mims	WR	28	6' 3"	207	4	Baylor
3	George Pickens	WR	25	6' 3"	200	5	Georgia
6	Camden Brown	WR		6' 2"	200	0	Georgia Southern
9	KaVontae Turpin	WR	29	5' 9"	153	5	TCU
15	Tyler Johnson	WR	27	6' 1"	208	6	Minnesota
16	Jordan Hudson	WR		6' 1"	200	0	SMU
19	Ryan Flournoy	WR	26	6' 1"	200	3	Southeast Missouri
80	Traeshon Holden	WR	24	6' 3"	205	1	Oregon
80	Jaden Smith	WR	24	6' 6"	210	0	Tarleton State
81	Jonathan Mingo	WR	25	6' 2"	220	4	Ole Miss

#	Player	Pos	Age	Ht	Wt	Exp	College
83	Anthony Smith	WR		6' 3"	189	0	East Carolina
84	Marquez Valdes-Scantling	WR	31	6' 4"	206	9	South Florida
88	CeeDee Lamb	WR	27	6' 2"	200	7	Oklahoma

Defense

#	Player	Pos	Age	Ht	Wt	Exp	College
	Ameer Speed	CB	26	6' 3"	215	3	Michigan State
2	Cobie Durant	CB	28	5' 11"	180	5	South Carolina Sta
15	Derion Kendrick	CB	25	6' 0"	190	5	Georgia
21	Caelen Carson	CB	24	6' 0"	195	3	Wake Forest
25	Trikweze Bridges	CB	25	6' 2"	200	2	Florida
26	DaRon Bland	CB	26	6' 0"	197	5	Fresno State
27	Reddy Steward	CB	25	5' 11"	178	2	Troy
29	Devin Moore	CB		6' 3"	198	0	Florida
31	Josh Butler	CB	29	6' 0"	182	3	Michigan State
34	Shavon Revel Jr.	CB	25	6' 1"	194	2	East Carolina
48	Zion Childress	CB	24	5' 11"	203	1	Kentucky
	Charles Snowden	DE	28	6' 6"	250	3	Virginia
41	Donovan Ezeiruaku	DE	22	6' 2"	248	2	Boston College
53	James Houston	DE	27	6' 1"	241	5	Jackson State
90	Tyrus Wheat	DE	26	6' 2"	260	4	Mississippi State
96	Adedayo Odeleye	DE	28	6' 5"	283	1	
98	Jonathan Bullard	DE	32	6' 3"	290	11	Florida
99	LT Overton	DE		6' 5"	278	0	Alabama
59	D.J. Withers	DT		6' 4"	300	0	Kansas
91	Otito Ogbornia	DT	25	6' 4"	320	5	UCLA
92	Quinnen Williams	DT	28	6' 3"	303	8	Alabama
93	Jay Toia	DT	22	6' 2"	342	2	UCLA
94	Kelvin Gilliam Jr.	DT		6' 3"	295	0	Virginia Tech
95	Kenny Clark	DT	30	6' 3"	314	11	UCLA
95	Tommy Dunn Jr.	DT		6' 3"	305	0	Kansas
0	DeMarvion Overshown	LB	25	6' 2"	220	4	Texas
7	Rashan Gary	LB	28	6' 5"	277	8	Michigan
35	Marist Liufau	LB	25	6' 2"	239	3	Notre Dame
42	Curtis Robinson	LB	28	6' 3"	235	5	Stanford
45	Justin Barron	LB	24	6' 4"	235	1	Syracuse
47	Langston Patterson	LB		6' 1"	230	0	Vanderbilt
50	Shemar James	LB	21	6' 1"	222	2	Florida
53	Dee Winters	LB	25	5' 11"	227	4	TCU
55	Jaishawn Barham	LB	22	6' 3"	243	0	Michigan
57	Malachi Lawrence	LB	22	6' 4"	250	0	UCF
91	Isaiah Land	LB	26	6' 4"	225	3	Florida A&M
1	P.J. Locke	S	29	5' 11"	210	7	Texas
14	Markquese Bell	S	27	6' 3"	205	5	Florida A&M
18	Caleb Downs	S	21	6' 0"	205	0	Ohio State
28	Malik Hooker	S	30	6' 2"	212	10	Ohio State

#	Player	Pos	Age	Ht	Wt	Exp	College
32	Julius Wood	S	25	6' 1"	193	2	East Carolina
34	Jalen Thompson	S	27	5' 11"	190	8	Washington State
38	Alijah Clark	S	22	6' 1"	187	2	Syracuse

Special Teams

#	Player	Pos	Age	Ht	Wt	Exp	College
44	Trent Sieg	LS	31	6' 3"	240	9	Colorado State
5	Bryan Anger	P	37	6' 3"	202	15	California
17	Brandon Aubrey	PK	31	6' 3"	218	4	Notre Dame

Reserve / Out

#	Player	Pos	Age	Ht	Wt	Exp	College
72	Matt Hennessy	C	28	6' 4"	295	7	Temple