

2026 Los Angeles Rams Roster

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

Offense

#	Player	Pos	Age	Ht	Wt	Exp	College
50	Beaux Limmer	C	25	6' 5"	318	3	Arkansas
63	Dylan McMahon	C	25	6' 3"	290	2	NC State
65	Coleman Shelton	C	30	6' 5"	292	8	Washington
60	Wyatt Bowles	G	26	6' 5"	312	1	Utah State
67	Justin Dedich	G	26	6' 2"	296	3	USC
69	Kevin Dotson	G	29	6' 4"	328	7	Louisiana
73	Steve Avila	G	26	6' 3"	332	4	TCU
	Austin Blaske	OT		6' 5"	310	0	North Carolina
	Bryce Henderson	OT		6' 8"	320	0	Vanderbilt
61	AJ Arcuri	OT	28	6' 7"	312	2	Michigan State
68	David Quessenberry	OT	35	6' 5"	310	9	San José State
71	Warren McClendon Jr.	OT	25	6' 4"	315	4	Georgia
77	Alaric Jackson	OT	27	6' 7"	338	6	Iowa
79	Keagen Trost	OT	25	6' 4"	316	0	Missouri
	Matthew Caldwell	QB		6' 4"	212	0	Texas
9	Matthew Stafford	QB	38	6' 3"	214	18	Georgia
13	Stetson Bennett IV	QB	28	5' 11"	192	3	Georgia
15	Ty Simpson	QB	23	6' 2"	208	0	Alabama
	Dean Connors	RB		6' 0"	206	0	Houston
20	Ronnie Rivers	RB	27	5' 9"	198	5	Fresno State
22	Blake Corum	RB	25	5' 8"	202	3	Michigan
23	Kyren Williams	RB	25	5' 9"	207	5	Notre Dame
27	Jarquez Hunter	RB	23	5' 10"	211	2	Auburn
36	Jordan Waters	RB	25	6' 0"	225	1	NC State
	Rohan Jones	TE		6' 3"	236	0	Arkansas
	Max Klare	TE	22	6' 5"	243	0	Ohio State
	Dan Villari	TE		6' 4"	245	0	Syracuse
18	Terrance Ferguson	TE	23	6' 5"	252	2	Oregon
83	Mark Redman	TE	24	6' 5"	258	1	Louisville
84	Colby Parkinson	TE	27	6' 7"	266	7	Stanford
87	Davis Allen	TE	25	6' 6"	253	4	Clemson
89	Tyler Higbee	TE	33	6' 6"	253	11	Western Kentucky
6	CJ Daniels	WR		6' 2"	205	0	Miami
12	Puka Nacua	WR	25	6' 2"	216	4	BYU
15	Konata Mumpfield	WR	23	6' 1"	188	2	Pittsburgh
17	Davante Adams	WR	33	6' 1"	204	13	Fresno State
19	Xavier Smith	WR	28	5' 9"	180	3	Florida A&M
81	Brennan Presley	WR	24	5' 8"	174	1	Oklahoma State
82	Tru Edwards	WR	25	6' 3"	211	1	Louisiana Tech
86	Tyler Scott	WR	24	5' 11"	185	3	Cincinnati
86	Mario Williams	WR	23	5' 9"	178	1	Tulane

#	Player	Pos	Age	Ht	Wt	Exp	College
88	Jordan Whittington	WR	25	6' 1"	202	3	Texas

Defense

#	Player	Pos	Age	Ht	Wt	Exp	College
	Nyzier Fourqorean	CB		6' 1"	188	0	Wisconsin
	Al'zillion Hamilton	CB		5' 11"	185	0	Fresno State
	Alex Johnson	CB	25	6' 0"	185	1	UCLA
	Drey Norwood	CB		6' 0"	187	0	Missouri
1	Emmanuel Forbes Jr.	CB	25	6' 0"	173	4	Mississippi State
22	Trent McDuffie	CB	25	5' 11"	193	5	Washington
30	Josh Wallace	CB	25	6' 0"	190	3	Michigan
33	Cam Lampkin	CB	24	5' 11"	174	1	Washington State
35	Jaylen Watson	CB	27	6' 2"	197	5	Washington State
52	Larrell Murchison	DE	29	6' 2"	295	7	NC State
55	Braden Fiske	DE	26	6' 5"	294	3	Florida State
90	Tyler Davis	DE	25	6' 2"	306	3	Clemson
91	Kobie Turner	DE	27	6' 2"	294	4	Wake Forest
94	Desjuan Johnson	DE	26	6' 3"	278	4	Toledo
95	Myles Garrett	DE	30	6' 4"	272	10	Texas A&M
	Jaxson Moi	DT		6' 2"	305	0	Tennessee
	Payton Zdroik	DT		6' 0"	275	0	Air Force
57	Ty Hamilton	DT	24	6' 3"	301	2	Ohio State
93	Bill Norton	DT	25	6' 6"	336	1	Texas
96	Tim Keenan III	DT		6' 2"	320	0	Alabama
97	Poona Ford	DT	30	5' 11"	314	9	Texas
	Wesley Bailey	LB		6' 5"	265	0	Louisville
	Tomon Fox	LB	28	6' 2"	245	3	North Carolina
	Nikhai Hill-Green	LB		6' 2"	235	0	Alabama
	Darryl Peterson III	LB		6' 1"	260	0	Wisconsin
0	Byron Young	LB	28	6' 2"	260	4	Tennessee
10	Josaiah Stewart	LB	23	6' 1"	251	2	Michigan
24	Elias Neal	LB	24	6' 0"	221	2	Marshall
44	Grant Stuard	LB	27	5' 11"	230	6	Houston
48	Omar Speights	LB	25	6' 1"	234	3	LSU
53	Nate Landman	LB	27	6' 3"	234	5	Colorado
56	Shaun Dolac	LB	24	6' 1"	222	2	Buffalo
96	Keir Thomas II	LB	28	6' 2"	260	4	Florida State
	Nick Andersen	S		5' 11"	197	0	Wake Forest
2	Jaylen McCollough	S	25	6' 0"	211	3	Tennessee
3	Kam Curl	S	27	6' 2"	207	7	Arkansas
26	Kamren Kinchens	S	23	6' 0"	201	3	Miami
34	Tanner Ingle	S	26	5' 8"	186	1	NC State
37	Quentin Lake	S	27	6' 1"	204	5	UCLA
43	Nate Valcarcel	S	24	6' 1"	194	1	Northern Illinois

Special Teams

#	Player	Pos	Age	Ht	Wt	Exp	College
49	Joe Cardona	LS	34	6' 2"	245	12	Navy
42	Ethan Evans	P	24	6' 3"	253	4	Wingate
92	Harrison Mevis	PK	24	6' 0"	245	2	Missouri

Reserve / Out

#	Player	Pos	Age	Ht	Wt	Exp	College
	Eddie Walls III	LB		6' 4"	250	0	Houston