

2026 Seattle Seahawks Roster

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

Offense

#	Player	Pos	Age	Ht	Wt	Exp	College
55	Olu Oluwatimi	C	26	6' 3"	309	4	Michigan
61	Jalen Sundell	C	26	6' 5"	301	3	North Dakota State
62	Federico Maranges	C	24	6' 3"	302	1	Florida Atlantic
38	Brady Russell	FB	27	6' 3"	250	4	Colorado
40	Robbie Ouzts	FB	23	6' 3"	274	2	Alabama
60	Beau Stephens	G		6' 5"	315	0	Iowa
64	Christian Haynes	G	26	6' 3"	317	3	UConn
74	Josh Jones	G	28	6' 7"	339	7	Houston
75	Anthony Bradford	G	25	6' 4"	335	4	LSU
76	Grey Zabel	G	24	6' 6"	316	2	North Dakota State
77	Bryce Cabeldue	G	24	6' 4"	308	2	Kansas
78	Mason Richman	G	24	6' 5"	307	2	Iowa
67	Charles Cross	OT	25	6' 5"	317	5	Mississippi State
68	Bobby Hart	OT	31	6' 5"	310	10	Florida State
72	Abraham Lucas	OT	27	6' 6"	322	5	Washington State
73	Logan Brown	OT	25	6' 6"	312	1	Kansas
79	Amari Kight	OT	25	6' 6"	299	1	UCF
2	Drew Lock	QB	29	6' 4"	228	8	Missouri
6	Jalen Milroe	QB	23	6' 2"	216	2	Alabama
14	Sam Darnold	QB	29	6' 3"	225	9	USC
8	Jadarian Price	RB	22	5' 11"	209	0	Notre Dame
25	Kenny McIntosh	RB	26	6' 0"	204	4	Georgia
26	Zach Charbonnet	RB	25	6' 1"	220	4	UCLA
27	Emanuel Wilson	RB	27	5' 10"	226	4	Fort Valley State
31	Jacardia Wright	RB	25	6' 0"	218	1	Missouri State
36	George Holani	RB	26	5' 11"	210	3	Boise State
18	Elijah Arroyo	TE	23	6' 5"	254	2	Miami
42	Lance Mason	TE		6' 3"	243	0	Wisconsin
46	Harrison Bryant	TE	28	6' 5"	242	7	Florida Atlantic
81	Eric Saubert	TE	32	6' 5"	248	9	Drake
88	AJ Barner	TE	24	6' 6"	251	3	Michigan
89	Nick Kallerup	TE	25	6' 5"	266	2	Minnesota
10	Cooper Kupp	WR	33	6' 1"	205	10	Eastern Washington
11	Jaxon Smith-Njigba	WR	24	6' 0"	197	4	Ohio State
15	Tory Horton	WR	23	6' 2"	196	2	Colorado State
19	Jake Bobo	WR	27	6' 4"	211	4	UCLA
22	Rashid Shaheed	WR	27	6' 0"	180	5	Weber State
33	Velus Jones Jr.	WR	29	6' 0"	204	6	Tennessee
35	Rashad Rochelle	WR		5' 11"	185	0	Indiana State
82	Cody White	WR	27	6' 3"	227	5	Michigan State
84	Emmanuel Henderson Jr.	WR		6' 1"	185	0	Kansas

#	Player	Pos	Age	Ht	Wt	Exp	College
85	Irv Charles	WR	29	6' 4"	219	4	IU Pennsylvania
86	Ricky White III	WR	24	6' 1"	181	1	UNLV
87	Montorie Foster Jr.	WR	24	5' 11"	188	1	Michigan State

Defense

#	Player	Pos	Age	Ht	Wt	Exp	College
1	Julian Neal	CB	23	6' 2"	203	0	Arkansas
17	Noah Igbinoehene	CB	26	5' 11"	197	7	Auburn
21	Devon Witherspoon	CB	25	6' 0"	185	4	Illinois
28	Nehemiah Pritchett	CB	25	6' 0"	190	3	Auburn
29	Josh Jobe	CB	28	5' 11"	190	5	Alabama
31	Tyrone Broden	CB	25	6' 5"	194	1	Arkansas
34	Shemar Jean-Charles	CB	28	5' 10"	184	5	App State
35	Andre Fuller	CB		6' 1"	200	0	Toledo
37	Michael Dansby	CB		5' 11"	185	0	Arizona
94	Mike Morris	DE	25	6' 6"	306	4	Michigan
69	Bubba Thomas	DT	25	6' 1"	301	1	South Alabama
70	J.R. Singleton	DT	24	6' 1"	299	1	Iowa State
90	Jarran Reed	DT	33	6' 3"	315	11	Alabama
91	Byron Murphy II	DT	23	6' 0"	306	3	Texas
92	Uso Seumalo	DT		6' 3"	330	0	Kansas State
95	Brandon Pili	DT	27	6' 3"	334	4	USC
97	Deven Eastern	DT		6' 5"	320	0	Minnesota
98	Rylie Mills	DT	24	6' 5"	296	1	Notre Dame
99	Leonard Williams	DT	32	6' 5"	310	12	USC
0	DeMarcus Lawrence	LB	34	6' 3"	254	13	Boise State
7	Uchenna Nwosu	LB	29	6' 2"	265	9	USC
13	Ernest Jones IV	LB	26	6' 2"	233	6	South Carolina
32	Drake Thomas	LB	26	5' 11"	228	4	NC State
44	Chazz Surratt	LB	29	6' 2"	233	5	North Carolina
46	Ja'Markis Weston	LB	25	6' 2"	234	2	Florida
47	Jalan Gaines	LB	25	6' 3"	242	1	Illinois State
48	Tyrice Knight	LB	25	6' 0"	233	3	UTEP
49	Chris Paul Jr.	LB	23	6' 1"	235	1	Ole Miss
50	Jamie Sheriff	LB	25	6' 1"	254	1	South Alabama
51	Jared Ivey	LB	24	6' 6"	274	2	Ole Miss
52	Patrick O'Connell	LB	27	6' 1"	231	3	Montana
56	Dante Fowler Jr.	LB	31	6' 3"	264	12	Florida
57	Connor O'Toole	LB	23	6' 3"	248	2	Utah
58	Derick Hall	LB	25	6' 3"	260	4	Auburn
59	Marvin Jones Jr.	LB		6' 5"	245	0	Oklahoma
93	Aidan Hubbard	LB		6' 4"	259	0	Northwestern
3	Nick Emmanwori	S	22	6' 3"	220	2	South Carolina
9	Bud Clark	S	24	6' 1"	188	0	TCU
20	Julian Love	S	28	5' 11"	195	8	Notre Dame
23	D'Anthony Bell	S	29	6' 1"	211	5	West Florida

#	Player	Pos	Age	Ht	Wt	Exp	College
24	Rodney Thomas II	S	27	6' 1"	196	5	Yale
30	AJ Finley	S	24	6' 2"	202	4	Ole Miss
39	Ty Okada	S	27	5' 11"	200	2	Montana State
43	Maxen Hook	S	24	6' 0"	205	1	Toledo

Special Teams

#	Player	Pos	Age	Ht	Wt	Exp	College
41	Chris Stoll	LS	27	6' 2"	255	4	Penn State
4	Michael Dickson	P	30	6' 2"	208	9	Texas
5	Jason Myers	PK	35	5' 10"	190	12	Marist