

2026 NFL Practice Squad Tracker

The rules, the key dates, and a printable 16-man team sheet

16

BASE SQUAD

17

WITH INT'L PLAYER

6

VETS ALLOWED

2

ELEVATIONS / GAME

3

ELEVATIONS / PLAYER

Cutdown Week 2026 - Key Dates

DATE	WHAT HAPPENS
Sun, Aug 30	Rosters must be cut to 53 players by 6:00 p.m. ET.
Mon, Aug 31	Waiver claims on cut players expire at 1:00 p.m. ET ; players clear waivers.
Mon, Aug 31	Once waivers clear, clubs may begin signing their practice squads .

Who's Eligible

- **Up to 10** players with two or fewer accrued seasons (rookies and young players).
- **Up to 6** players with unlimited accrued seasons (true veterans).
- **+1 International Player** lifts the squad from 16 to 17 when one qualifies and is designated.
- Players cut from a 53-man roster must first clear waivers before they can sign.

Game Day & Poaching

- **Standard elevation:** a club may elevate up to **2** practice-squad players for a game.
- A player can be elevated **3 times** before the club must sign him to the 53-man roster to use him again.
- Elevated players revert to the practice squad after the game with no waivers needed.
- **Poaching:** any other team can sign your PS player to its active roster - and must keep him there at least **3 weeks** at active-roster pay.

2026 Weekly Pay

PLAYER TYPE	WEEKLY MINIMUM	PER 18-WEEK SEASON (APPROX.)
Fewer than 2 accrued seasons	\$13,750	about \$247,500
Veterans (2+ accrued seasons)	up to \$22,850	about \$411,300

TEAM

WEEK

DATE UPDATED

#	PLAYER	POS	ACC. SNS	COLLEGE / NOTES	ELEVATIONS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17				International Player designation	

☐ Slots 1-10: two or fewer accrued seasons

☐ Slots 11-16: veterans (unlimited seasons)

☐ Slot 17: International Player

This Week's Elevations

ELEVATED PLAYER (MAX 2)	POS	# USED (OF 3)

Watch List / Poach Targets

PLAYER	POS	TEAM