

2026 NFL Roster Cuts Tracker: 90 to 53

Check off each team as its 53-man roster is set • all 32 teams

sportsbrackets.net

Free printable • print low-ink

Cutdown deadline: 6 p.m. ET, Sunday, August 30, 2026. Waiver claims clear at 1 p.m. ET, Monday, August 31. Practice squads form after.

AFC EAST	
TEAM	NOTABLE CUTS / NOTES
☐ Buffalo Bills	
☐ Miami Dolphins	
☐ New England Patriots	
☐ New York Jets	

AFC NORTH	
TEAM	NOTABLE CUTS / NOTES
☐ Baltimore Ravens	
☐ Cincinnati Bengals	
☐ Cleveland Browns	
☐ Pittsburgh Steelers	

AFC SOUTH	
TEAM	NOTABLE CUTS / NOTES
☐ Houston Texans	
☐ Indianapolis Colts	
☐ Jacksonville Jaguars	
☐ Tennessee Titans	

AFC WEST	
TEAM	NOTABLE CUTS / NOTES
☐ Denver Broncos	
☐ Kansas City Chiefs	
☐ Las Vegas Raiders	
☐ Los Angeles Chargers	

NFC EAST	
TEAM	NOTABLE CUTS / NOTES
☐ Dallas Cowboys	
☐ New York Giants	
☐ Philadelphia Eagles	
☐ Washington Commanders	

NFC NORTH	
TEAM	NOTABLE CUTS / NOTES
☐ Chicago Bears	
☐ Detroit Lions	
☐ Green Bay Packers	
☐ Minnesota Vikings	

NFC SOUTH	
TEAM	NOTABLE CUTS / NOTES
☐ Atlanta Falcons	
☐ Carolina Panthers	
☐ New Orleans Saints	
☐ Tampa Bay Buccaneers	

NFC WEST	
TEAM	NOTABLE CUTS / NOTES
☐ Arizona Cardinals	
☐ Los Angeles Rams	
☐ San Francisco 49ers	
☐ Seattle Seahawks	

NFL 90 to 53 Cut Worksheet

Reusable per-team sheet • sort your keeps and cuts by position

Team: _____

Fill your projected 53-man roster on the left and the cuts or practice-squad targets on the right. Most rosters carry roughly: QB 2-3, RB 3-4, WR 5-6, TE 3, OL 8-9, DL 5-6, EDGE 4, LB 4-5, CB 5-6, S 4, plus a kicker, punter, and long snapper.

POSITION	MAKE THE 53	CUT / PRACTICE SQUAD
Quarterbacks QB		
Running Backs RB		
Wide Receivers WR		
Tight Ends TE		
Offensive Tackles OT		
Interior O-Line (C/G) IOL		
Defensive Line DL		
Edge Rushers EDGE		
Linebackers LB		
Cornerbacks CB		
Safeties S		
Specialists (K, P, LS) ST		