

Dallas Cowboys 2026 Roster

Updated October 2, 2026 sportsbrackets.net

Offense (25)

#	Player	Pos	Age	Ht	Wt	Exp	College
66	T.J. Bass	G	27	6' 4"	320	4	Oregon
56	Cooper Beebe	C	25	6' 3"	320	3	Kansas State
52	Tyler Booker	G	22	6' 5"	330	2	Alabama
80	Camden Brown	WR	22	6' 2"	204	0	Georgia Southern
65	Ajani Cornelius	OT	24	6' 5"	318	2	Oregon
31	Emari Demercado	RB	27	5' 9"	215	4	TCU
87	Jake Ferguson	TE	27	6' 5"	250	5	Wisconsin
19	Ryan Flournoy	WR	26	6' 1"	205	3	Southeast Missouri State
25	Tyler Goodson	RB	25	5' 9"	197	4	Iowa
60	Tyler Guyton	OT	25	6' 7"	325	3	Oklahoma
16	Sam Howell	QB	26	6' 1"	225	5	North Carolina
77	Broderick Jones	OT	25	6' 5"	311	4	Georgia
88	CeeDee Lamb	WR	27	6' 2"	198	7	Oklahoma
51	Nick Leverett	G	29	6' 3"	310	5	Rice
30	Hunter Luepke	FB	26	6' 1"	250	4	North Dakota State
18	Jonathan Mingo	WR	25	6' 2"	225	4	Ole Miss
3	George Pickens	WR	25	6' 3"	200	5	Georgia
4	Dak Prescott	QB	33	6' 2"	230	11	Mississippi State
86	Luke Schoonmaker	TE	28	6' 5"	250	4	Michigan
67	Drew Shelton	OT	22	6' 5"	313	0	Penn State
73	Tyler Smith	G	25	6' 5"	328	5	Tulsa
89	Brevyn Spann-Ford	TE	26	6' 6"	265	3	Minnesota
78	Terence Steele	OT	29	6' 6"	320	7	Texas Tech
9	KaVontae Turpin	WR	30	5' 7"	158	5	TCU
33	Javonte Williams	RB	26	5' 10"	222	6	North Carolina

Defense (28)

#	Player	Pos	Age	Ht	Wt	Exp	College
55	Jaishawn Barham	LB	22	6' 3"	240	0	Michigan
45	Justin Barron	LB	24	6' 4"	235	1	Syracuse
14	Markquese Bell	S	27	6' 2"	215	5	Florida A&M
26	DaRon Bland	CB	27	6' 2"	202	5	Fresno State
21	Caelen Carson	CB	24	6' 0"	195	3	Wake Forest
11	Alijah Clark	S	23	6' 1"	200	2	Syracuse
97	Kenny Clark	DT	30	6' 3"	314	11	UCLA
13	Caleb Downs	S	21	6' 0"	206	0	Ohio State
2	Cobie Durant	CB	28	5' 11"	181	5	South Carolina State
6	Donovan Ezeiruaku	LB	23	6' 2"	255	2	Boston College
93	Elijah Garcia	DE	28	6' 5"	302	3	Rice
7	Rashan Gary	LB	28	6' 5"	277	8	Michigan
24	Malik Hooker	S	30	6' 1"	215	10	Ohio State

#	Player	Pos	Age	Ht	Wt	Exp	College
41	James Houston	LB	27	6' 1"	248	5	Jackson State
50	Shemar James	LB	22	6' 1"	235	2	Florida
57	Malachi Lawrence	LB	23	6' 4"	253	0	UCF
40	Von Miller	LB	37	6' 3"	245	16	Texas A&M
91	Otito Ogbonnia	DT	26	6' 4"	320	5	UCLA
0	DeMarvion Overshown	LB	26	6' 3"	230	4	Texas
99	LT Overton	DT	21	6' 5"	274	0	Alabama
25	Joey Porter Jr.	CB	26	6' 2"	194	4	Penn State
28	Shavon Revel Jr.	CB	25	6' 1"	198	2	East Carolina
42	Curtis Robinson	LB	28	6' 3"	235	5	Stanford
23	Ameer Speed	CB	26	6' 3"	215	3	Michigan State
27	Reddy Steward	CB	25	5' 11"	178	2	Troy
59	Tyrus Wheat	LB	26	6' 2"	260	4	Mississippi State
92	Quinnen Williams	DT	28	6' 3"	303	8	Alabama
53	Dee Winters	LB	25	5' 11"	227	4	TCU

Special Teams (3)

#	Player	Pos	Age	Ht	Wt	Exp	College
5	Bryan Anger	P	37	6' 3"	214	15	California
17	Brandon Aubrey	PK	31	6' 3"	218	4	Notre Dame
44	Trent Sieg	LS	31	6' 3"	255	9	Colorado State