

# Dallas Cowboys 2026 Roster

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Full active roster (54) • Updated September 11, 2026

## 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                  |
| 6  | Camden Brown      | WR  | 22  | 6' 2"  | 204 | 0   | Georgia Southern         |
| 65 | Ajani Cornelius   | OT  | 24  | 6' 5"  | 318 | 2   | Oregon                   |
| 20 | Malik Davis       | RB  | 27  | 5' 10" | 205 | 3   | Florida                  |
|    | 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 |
| 60 | Tyler Guyton      | OT  | 25  | 6' 7"  | 325 | 3   | Oklahoma                 |
| 16 | Sam Howell        | QB  | 25  | 6' 1"  | 225 | 5   | North Carolina           |
| 88 | 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       |
| 81 | 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  | 27  | 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 (26)

| #  | Player            | Pos | Age | Ht     | Wt  | Exp | College              |
|----|-------------------|-----|-----|--------|-----|-----|----------------------|
| 55 | Jaishawn Barham   | LB  | 22  | 6' 3"  | 240 | 0   | Michigan             |
| 14 | Markquese Bell    | S   | 27  | 6' 2"  | 215 | 5   | Florida A&M          |
| 26 | DaRon Bland       | CB  | 27  | 6' 2"  | 202 | 5   | Fresno State         |
| 98 | Jonathan Bullard  | DT  | 32  | 6' 3"  | 290 | 11  | Florida              |
| 21 | Caelen Carson     | CB  | 24  | 6' 0"  | 195 | 3   | Wake Forest          |
| 38 | 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  | 22  | 6' 2"  | 255 | 2   | Boston College       |
| 7  | Rashan Gary       | LB  | 28  | 6' 5"  | 277 | 8   | Michigan             |
| 24 | Malik Hooker      | S   | 30  | 6' 1"  | 215 | 10  | Ohio State           |
| 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                  |
| 1  | P.J. Locke        | S   | 29  | 5' 11" | 202 | 7   | Texas                |
| 40 | Von Miller        | LB  | 37  | 6' 3"  | 245 | 16  | Texas A&M            |

Full roster, depth chart, and printable PDF at:

[sportsbrackets.net/2026/06/22/2026-dallas-cowboys-roster/](https://sportsbrackets.net/2026/06/22/2026-dallas-cowboys-roster/)

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| #  | Player              | Pos | Age | Ht     | Wt  | Exp | College           |
|----|---------------------|-----|-----|--------|-----|-----|-------------------|
| 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           |
| 28 | Shavon Revel Jr.    | CB  | 25  | 6' 1"  | 198 | 2   | East Carolina     |
| 39 | Ameer Speed         | CB  | 26  | 6' 3"  | 215 | 3   | Michigan State    |
| 34 | Jalen Thompson      | S   | 28  | 5' 11" | 190 | 8   | Washington State  |
| 90 | 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 |