

Los Angeles Rams 2026 Roster

Active roster - Updated September 30, 2026 - 54 players

Offense (27)

#	Player	Pos	Age	Ht	Wt	Exp	College
17	Davante Adams	WR	33	6' 1"	204	13	Fresno State
87	Davis Allen	TE	25	6' 6"	253	4	Clemson
8	Tutu Atwell	WR	26	5' 9"	165	6	Louisville
73	Steve Avila	G	26	6' 3"	332	4	TCU
13	Stetson Bennett IV	QB	28	5' 11"	192	3	Georgia
33	Dean Connors	RB	23	5' 11"	206	R	Houston
24	Blake Corum	RB	25	5' 8"	202	3	Michigan
6	CJ Daniels	WR	24	6' 2"	202	R	Miami
69	Kevin Dotson	G	30	6' 4"	328	7	Louisiana
18	Terrance Ferguson	TE	23	6' 5"	252	2	Oregon
89	Tyler Higbee	TE	33	6' 6"	253	11	Western Kentucky
77	Alaric Jackson	OT	28	6' 7"	338	6	Iowa
86	Max Klare	TE	23	6' 4"	246	R	Ohio State
50	Beaux Limmer	C	25	6' 5"	318	3	Arkansas
71	Warren McClendon Jr.	OT	25	6' 4"	315	4	Georgia
63	Dylan McMahon	C	25	6' 3"	290	2	NC State
4	Konata Mumpfield	WR	23	6' 1"	188	2	Pittsburgh
66	Bill Murray	G	29	6' 3"	321	2	William & Mary
12	Puka Nacua	WR	25	6' 2"	216	4	BYU
84	Colby Parkinson	TE	27	6' 7"	266	7	Stanford
68	David Quessenberry	OT	36	6' 5"	310	9	San José State
65	Coleman Shelton	C	31	6' 5"	292	8	Washington
15	Ty Simpson	QB	23	6' 1"	211	R	Alabama
19	Xavier Smith	WR	29	5' 9"	180	3	Florida A&M
9	Matthew Stafford	QB	38	6' 3"	214	18	Georgia
88	Jordan Whittington	WR	25	6' 1"	202	3	Texas
23	Kyren Williams	RB	26	5' 9"	207	5	Notre Dame

Defense (24)

#	Player	Pos	Age	Ht	Wt	Exp	College
47	Wesley Bailey	LB	25	6' 5"	265	R	Louisville
3	Kam Curl	S	27	6' 2"	207	7	Arkansas
90	Tyler Davis	DE	25	6' 2"	306	3	Clemson
56	Shaun Dolac	LB	25	6' 1"	222	2	Buffalo
99	Aaron Donald	DT	35	6' 1"	280	10	Pittsburgh
55	Braden Fiske	DE	26	6' 5"	294	3	Florida State
1	Emmanuel Forbes Jr.	CB	25	6' 0"	173	4	Mississippi State

#	Player	Pos	Age	Ht	Wt	Exp	College
97	Poona Ford	DT	30	5' 11"	314	9	Texas
57	Ty Hamilton	DT	24	6' 3"	301	2	Ohio State
94	Desjuan Johnson	DE	27	6' 3"	278	4	Toledo
5	Kamren Kinchens	S	24	6' 0"	201	3	Miami
37	Quentin Lake	S	27	6' 1"	204	5	UCLA
53	Nate Landman	LB	27	6' 3"	234	5	Colorado
2	Jaylen McCollough	S	25	6' 0"	211	3	Tennessee
22	Trent McDuffie	CB	26	5' 11"	193	5	Washington
58	Elias Neal	LB	25	6' 0"	221	2	Marshall
36	Maximus Pulley	S	24	5' 11"	200	R	Wofford
48	Omar Speights	LB	25	6' 1"	234	3	LSU
10	Josaiah Stewart	LB	23	6' 1"	251	2	Michigan
44	Grant Stuard	LB	27	5' 11"	230	6	Houston
91	Kobie Turner	DE	27	6' 2"	294	4	Wake Forest
30	Josh Wallace	CB	26	6' 0"	190	3	Michigan
35	Jaylen Watson	CB	28	6' 2"	197	5	Washington State
0	Byron Young	LB	28	6' 2"	260	4	Tennessee

Special Teams (3)

#	Player	Pos	Age	Ht	Wt	Exp	College
49	Joe Cardona	LS	34	6' 2"	245	12	Navy
42	Ethan Evans	P	25	6' 3"	253	4	Wingate
92	Harrison Mevis	PK	24	6' 0"	245	2	Missouri