

Seattle Seahawks 2026 Roster

Updated October 2, 2026 sportsbrackets.net

Offense (25)

#	Player	Pos	Age	Ht	Wt	Exp	College
18	Elijah Arroyo	TE	23	6' 5"	254	2	Miami
88	AJ Barner	TE	24	6' 6"	251	3	Michigan
67	Charles Cross	OT	25	6' 5"	317	5	Mississippi State
14	Sam Darnold	QB	29	6' 3"	225	9	USC
87	Montorie Foster Jr.	WR	25	5' 11"	188	1	Michigan State
64	Christian Haynes	G	26	6' 3"	317	3	UConn
36	George Holani	RB	26	5' 11"	210	3	Boise State
15	Tory Horton	WR	23	6' 2"	196	2	Colorado State
74	Josh Jones	G	29	6' 7"	339	7	Houston
33	Velus Jones Jr.	RB	29	6' 0"	204	6	Tennessee
89	Nick Kallerup	TE	25	6' 5"	266	2	Minnesota
10	Cooper Kupp	WR	33	6' 1"	205	10	Eastern Washington
2	Drew Lock	QB	29	6' 4"	228	8	Missouri
72	Abraham Lucas	OT	27	6' 6"	322	5	Washington State
6	Jalen Milroe	QB	23	6' 2"	216	2	Alabama
55	Olu Oluwatimi	C	27	6' 3"	309	4	Michigan
8	Jadarian Price	RB	22	5' 11"	209	0	Notre Dame
38	Brady Russell	FB	28	6' 3"	250	4	Colorado
81	Eric Saubert	TE	32	6' 5"	248	9	Drake
22	Rashid Shaheed	WR	28	6' 0"	180	5	Weber State
11	Jaxon Smith-Njigba	WR	24	6' 0"	197	4	Ohio State
70	Beau Stephens	G	23	6' 5"	315	0	Iowa
61	Jalen Sundell	C	26	6' 5"	301	3	North Dakota State
23	Emanuel Wilson	RB	27	5' 10"	226	4	Fort Valley State
76	Grey Zabel	G	24	6' 6"	316	2	North Dakota State

Defense (28)

#	Player	Pos	Age	Ht	Wt	Exp	College
	Terrion Arnold	CB	23	6' 0"	195	4	Alabama
3	Nick Emmanwori	S	22	6' 3"	220	2	South Carolina
30	AJ Finley	S	25	6' 2"	202	4	Ole Miss
56	Dante Fowler Jr.	LB	32	6' 3"	264	12	Florida
58	Derick Hall	LB	25	6' 3"	260	4	Auburn
43	Maxen Hook	S	25	6' 0"	205	1	Toledo
29	Josh Jobe	CB	28	5' 11"	190	5	Alabama
13	Ernest Jones IV	LB	26	6' 2"	233	6	South Carolina
48	Tyrice Knight	LB	25	6' 0"	233	3	UTEP
0	DeMarcus Lawrence	LB	34	6' 3"	254	13	Boise State
20	Julian Love	S	28	5' 11"	195	8	Notre Dame
98	Rylie Mills	DT	25	6' 5"	296	1	Notre Dame
94	Mike Morris	DE	25	6' 6"	306	4	Michigan

#	Player	Pos	Age	Ht	Wt	Exp	College
91	Byron Murphy II	DT	24	6' 0"	306	3	Texas
1	Julian Neal	CB	23	6' 2"	203	0	Arkansas
7	Uchenna Nwosu	LB	29	6' 2"	265	9	USC
52	Patrick O'Connell	LB	27	6' 1"	231	3	Montana
57	Connor O'Toole	LB	24	6' 3"	248	2	Utah
39	Ty Okada	S	27	5' 11"	200	2	Montana State
95	Brandon Pili	DT	27	6' 3"	334	4	USC
28	Nehemiah Pritchett	CB	25	6' 0"	190	3	Auburn
90	Jarran Reed	DT	33	6' 3"	315	11	Alabama
27	Avery Smith	CB	22	5' 10"	185	0	Toledo
44	Chazz Surratt	LB	29	6' 2"	233	5	North Carolina
32	Drake Thomas	LB	26	5' 11"	228	4	NC State
24	Rodney Thomas II	S	28	6' 1"	196	5	Yale
99	Leonard Williams	DT	32	6' 5"	310	12	USC
21	Devon Witherspoon	CB	25	6' 0"	185	4	Illinois

Special Teams (3)

#	Player	Pos	Age	Ht	Wt	Exp	College
4	Michael Dickson	P	30	6' 2"	208	9	Texas
5	Jason Myers	PK	35	5' 10"	190	12	Marist
41	Chris Stoll	LS	28	6' 2"	255	4	Penn State