



1 JALEN TOLBERT

WR | 6'1" | 195 | SOUTH ALABAMA '22

NFL EXP. 5 | DOLPHINS EXP. 1 | BORN 02/27/99 | ACQUIRED UFA, '26 (DAL.)
HOMETOWN MOBILE, ALA.

NFL CAREER

TRANSACTIONS:

- Signed by Miami as an unrestricted free agent from Dallas on March 16, 2026.
- 3rd-round pick (88th overall) by Dallas in the 2022 NFL Draft.

CAREER HIGHLIGHTS:

- Played in 55 career games with 30 starts.
- 91 receptions for 1,093 yards (12.0 avg.) and 10 TDs.
- 5 kickoff returns for 105 yards (21.0 avg.).
- 2 solo special teams tackles.
- 1 miscellaneous tackle and 2 miscellaneous fumble recoveries.

2025 (DALLAS):

- Played in 13 games with 8 starts.
- Inactive for 4 games.
- 18 receptions for 203 yards (11.3 avg.) and 1 TD.

VS. GREEN BAY (9/28): 4 receptions for 61 yards (15.3 avg.).

AT DENVER (10/26): 2 receptions for 47 yards (23.5 avg.) and 1 TD.

- Caught a 35-yard TD pass from QB Joe Milton III with 4:44 remaining in the 4th quarter.

2024 (DALLAS):

- Played in all 17 games with 15 starts.
- 49 receptions for 610 yards (12.4 avg.) and 7 TDs.
- 1 miscellaneous tackle and 2 miscellaneous fumble recoveries.

VS. NEW ORLEANS (9/15): 6 receptions for 82 yards (13.7 avg.).

AT PITTSBURGH (10/6): 7 receptions for 87 yards (12.4 avg.) and 1 TD.

- Caught a game-winning 4-yard TD pass from QB Dak Prescott to give Dallas a 20-17 lead with 20 seconds remaining in the 4th quarter.
- Caught a career long 48-yard pass from QB Dak Prescott.

VS. WASHINGTON (1/5): 4 receptions for 98 yards (24.5 avg.).

2023 (DALLAS):

- Played in all 17 games with 6 starts.
- 22 receptions for 268 yards (12.2 avg.) and 2 TDs.
- 2 solo special teams tackles.

VS. NEW ENGLAND (10/1): 4 receptions for 53 yards (13.3 avg.); 1 solo special teams tackle.

AT PHILADELPHIA (11/5): 3 receptions for 49 yards (16.3 avg.) and 1 TD.

- Caught a 7-yard TD pass from QB Dak Prescott with 6:23 remaining in the 4th quarter.
- It was the 1st TD of his career.

POSTSEASON:

NFL WILD CARD VS. GREEN BAY (1/14): Inactive.

2022 (DALLAS):

- Played in 8 games with 1 start.
- Inactive for 9 games.
- 2 receptions for 12 yards (6.0 avg.).

AT N.Y. GIANTS (9/26): 1 reception for 4 yards.

- Made his NFL debut.

VS. CHICAGO (10/30): Played but did not record any stats.

- Made his 1st career start.

BEFORE THE NFL

COLLEGE (SOUTH ALABAMA):

- 4-year letterman (2018-21) and 3-year starter.

CAREER: Played in 47 games with 35 starts; 178 receptions for 3,140 yards (17.6 avg.) and 22 TDs.

REDSHIRT SENIOR (2021): Started all 12 games; 82 receptions for 1,474 yards (18.0 avg.) and 8 TDs.

- Sun Belt Conference Offensive Player of the Year.
- 1st-team All-Sun Belt Conference.

REDSHIRT JUNIOR (2020): Started all 11 games; 64 receptions for 1,085 yards (17.0 avg.) and 8 TDs.

- 1st-team All-Sun Belt Conference.

REDSHIRT SOPHOMORE (2019): Started all 12 games; 27 receptions for 521 yards (19.3 avg.) and 6 TDs.

REDSHIRT FRESHMAN (2018): Played in all 12 games; 5 receptions for 60 yards (12.0 avg.).

- Redshirted in 2017 due to injury.

HIGH SCHOOL (MCGILL-TOOLEN HS - MOBILE, ALA.)

- 3-year letterman (2014-16).
- Also played basketball and baseball.

SENIOR (2016): 37 receptions for 696 yards and 9 TDs.

OFF THE FIELD

COMMUNITY:

2025:

- Participated in the Reliant Home Run Derby to benefit the Salvation Army.

2024:

- Participated in the Reliant Home Run Derby to benefit the Salvation Army.

2022:

- Participated in the Reliant Home Run Derby to benefit the Salvation Army.

PERSONAL:

- **MAJOR:** Sports management.



JALEN TOLBERT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING				LG	TD	RUSHING				LG	TD
				NO.	YDS.	AVG.				NO.	YDS.	AVG.			
2022	Dallas	8	1	2	12	6.0		8	0	0	0	0.0		0	0
2023	Dallas	17	6	22	268	12.2		45	2	0	0	0.0		0	0
2024	Dallas	17	15	49	610	12.4		48	7	0	0	0.0		0	0
2025	Dallas	13	8	18	203	11.3	35t		1	0	0	0.0		0	0
NFL TOTALS		55	30	91	1,093	12.0		48	10	0	0	0.0		0	0

JALEN TOLBERT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING				LG	TD	RUSHING				LG	TD
				NO.	YDS.	AVG.				NO.	YDS.	AVG.			
2022	Dallas	0	0	0	0	0.0		0	0	0	0	0.0		0	0
2023	Dallas	1	0	0	0	0.0		0	0	0	0	0.0		0	0
NFL TOTALS		1	0	0	0	0.0		0	0	0	0	0.0		0	0

JALEN TOLBERT'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				NO.	FC	PUNT RETURNS				LG	TD
			YDS.	AVG.					YDS.	AVG.				
2022	Dallas	0	0	0.0		0	0	0	0	0.0		0	0	0
2023	Dallas	0	0	0.0		0	1	0	0	0.0		0	0	0
2024	Dallas	0	0	0.0		0	0	0	0	0.0		0	0	0
2025	Dallas	5	105	21.0	30	0	0	1	0	0.0		0	0	0
NFL TOTALS		5	105	21.0	30	0	1	1	0	0.0		0	0	0

JALEN TOLBERT'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				NO.	FC	PUNT RETURNS				LG	TD
			YDS.	AVG.					YDS.	AVG.				
2022	Dallas	0	0	0.0		0	0	0	0	0.0		0	0	0
2023	Dallas	0	0	0.0		0	0	0	0	0.0		0	0	0
NFL TOTALS		0	0	0.0		0	0	0	0	0.0		0	0	0

SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions
Receiving Yards
Receiving Average
Longest Receptions
Receiving TDs

7 at Pittsburgh, Oct 06, 2024
98 vs. Washington, Jan 05, 2025
24.5 vs. Washington, Jan 05, 2025
48 at Pittsburgh, Oct 06, 2024
1 at Philadelphia, Dec 29, 2024
...8 more at 1.

All-Purpose Yards
Kickoff Returns

101 vs. N.Y. Giants, Sep 14, 2025
4 vs. N.Y. Giants, Sep 14, 2025

Kickoff Return Yards
Longest Kickoff Return
Punt Returns
Kickoff Return Average
Special Teams Tackles

85 vs. N.Y. Giants, Sep 14, 2025
30 vs. N.Y. Giants, Sep 14, 2025
1 at L.A. Chargers, Oct 16, 2023
21.3 vs. N.Y. Giants, Sep 14, 2025
1 vs. New England, Oct 01, 2023
...1 more at 1.

Most TDs

1 at Denver, Oct 26, 2025
...9 more at 1.

Scrimmage Yards

98 vs. Washington, Jan 05, 2025

2022 GXG REGULAR-SEASON (DALLAS)

DATE	OPPONENT	P/S	RECEIVING				NO.	RUSHING				W/L	SCORE
			NO.	YDS.	AVG.	LG		YDS.	AVG.	LG	TD		
09/11	Tampa Bay											L	3-19
09/18	Cincinnati											W	20-17
09/26	at N.Y. Giants	P	1	4	4.0	4	0	0	0.0	0	0	W	23-16
10/02	Washington											W	25-10
10/09	at L.A. Rams											W	22-10
10/16	at Philadelphia	P	0	0	0.0	0	0	0	0.0	0	0	L	17-26
10/23	Detroit	P	0	0	0.0	0	0	0	0.0	0	0	W	24-6
10/30	Chicago	S	0	0	0.0	0	0	0	0.0	0	0	W	49-29
11/13	at Green Bay	P	0	0	0.0	0	0	0	0.0	0	0	L	28-31+
11/20	at Minnesota	P	1	8	8.0	8	0	0	0.0	0	0	W	40-3
11/24	N.Y. Giants	P	0	0	0.0	0	0	0	0.0	0	0	W	28-20
12/04	Indianapolis	P	0	0	0.0	0	0	0	0.0	0	0	W	54-19
12/11	Houston											W	27-23
12/18	at Jacksonville											L	34-40+
12/24	Philadelphia											W	40-34
12/29	at Tennessee											W	27-13
01/08	at Washington											L	6-26
2022 TOTALS		8-1	2	12	6.0	8	0	0	0.0	0	0	12-5	

+ - Overtime



2023 GXG REGULAR-SEASON (DALLAS)

DATE	OPPONENT	P/S	RECEIVING					TD	RUSHING					TD	W/L	SCORE
			NO.	YDS.	AVG.	LG			NO.	YDS.	AVG.	LG				
09/10	at N.Y. Giants	P	0	0	0.0	0		0	0	0	0.0	0		0	W	40-0
09/17	N.Y. Jets	S	3	18	6.0	7		0	0	0	0.0	0		0	W	30-10
09/24	at Arizona	P	0	0	0.0	0		0	0	0	0.0	0		0	L	16-28
10/01	New England	P	4	53	13.3	18		0	0	0	0.0	0		0	W	38-3
10/08	at San Francisco	S	0	0	0.0	0		0	0	0	0.0	0		0	L	10-42
10/16	at L.A. Chargers	P	0	0	0.0	0		0	0	0	0.0	0		0	W	20-17
10/29	L.A. Rams	P	0	0	0.0	0		0	0	0	0.0	0		0	W	43-20
11/05	at Philadelphia	S	3	49	16.3	32		1	0	0	0.0	0		0	L	23-28
11/12	N.Y. Giants	S	2	2	1.0	4		0	0	0	0.0	0		0	W	49-17
11/19	at Carolina	P	2	12	6.0	7		0	0	0	0.0	0		0	W	33-10
11/23	Washington	P	2	49	24.5	31		0	0	0	0.0	0		0	W	45-10
11/30	Seattle	S	1	17	17.0	17		0	0	0	0.0	0		0	W	41-35
12/10	Philadelphia	P	0	0	0.0	0		0	0	0	0.0	0		0	W	33-13
12/17	at Buffalo	P	0	0	0.0	0		0	0	0	0.0	0		0	L	10-31
12/24	at Miami	P	2	51	25.5	45		0	0	0	0.0	0		0	L	20-22
12/30	Detroit	P	1	9	9.0	9		0	0	0	0.0	0		0	W	20-19
01/07	at Washington	S	2	8	4.0	5		1	0	0	0.0	0		0	W	38-10
2023 TOTALS			17-6	22	268	12.2	45	2	0	0	0.0	0	0	12-5		

2024 GXG REGULAR-SEASON (DALLAS)

DATE	OPPONENT	P/S	RECEIVING					TD	RUSHING					TD	W/L	SCORE
			NO.	YDS.	AVG.	LG			NO.	YDS.	AVG.	LG				
09/08	at Cleveland	S	1	12	12.0	12		0	0	0	0.0	0		0	W	33-17
09/15	New Orleans	S	6	82	13.7	39		0	0	0	0.0	0		0	L	19-44
09/22	Baltimore	S	3	42	14.0	19		1	0	0	0.0	0		0	L	25-28
09/26	at N.Y. Giants	S	3	24	8.0	15		0	0	0	0.0	0		0	W	20-15
10/06	at Pittsburgh	S	7	87	12.4	48		1	0	0	0.0	0		0	W	20-17
10/13	Detroit	S	4	43	10.8	26		0	0	0	0.0	0		0	L	9-47
10/27	at San Francisco	S	3	44	14.7	28		0	0	0	0.0	0		0	L	24-30
11/03	at Atlanta	S	3	19	6.3	12		1	0	0	0.0	0		0	L	21-27
11/10	Philadelphia	S	3	14	4.7	9		0	0	0	0.0	0		0	L	6-34
11/18	Houston	S	2	21	10.5	15		0	0	0	0.0	0		0	L	10-34
11/24	at Washington	S	2	22	11.0	16		1	0	0	0.0	0		0	W	34-26
11/28	N.Y. Giants	S	2	41	20.5	36		0	0	0	0.0	0		0	W	27-20
12/09	Cincinnati	P	0	0	0.0	0		0	0	0	0.0	0		0	L	20-27
12/15	at Carolina	S	1	11	11.0	11t		1	0	0	0.0	0		0	W	30-14
12/22	Tampa Bay	P	2	20	10.0	10t		1	0	0	0.0	0		0	W	26-24
12/29	at Philadelphia	S	3	30	10.0	19		1	0	0	0.0	0		0	L	7-41
01/05	Washington	S	4	98	24.5	32		0	0	0	0.0	0		0	L	19-23
2024 TOTALS			17-15	49	610	12.4	48	7	0	0	0.0	0	0	7-10		

2025 GXG REGULAR-SEASON (DALLAS)

DATE	OPPONENT	P/S	RECEIVING					TD	RUSHING					TD	W/L/T	SCORE
			NO.	YDS.	AVG.	LG			NO.	YDS.	AVG.	LG				
09/04	at Philadelphia	S	1	0	0.0	0		0	0	0	0.0	0		0	L	20-24
09/14	N.Y. Giants	S	2	16	8.0	11		0	0	0	0.0	0		0	W	40-37+
09/21	at Chicago	P	3	24	8.0	12		0	0	0	0.0	0		0	L	14-31
09/28	Green Bay	S	4	61	15.3	34		0	0	0	0.0	0		0	T	40-40+
10/05	at N.Y. Jets	S	0	0	0.0	0		0	0	0	0.0	0		0	W	37-22
10/12	at Carolina	S	1	8	8.0	8		0	0	0	0.0	0		0	L	27-30
10/19	Washington	P	1	16	16.0	16		0	0	0	0.0	0		0	W	44-22
10/26	at Denver	P	2	47	23.5	35t		1	0	0	0.0	0		0	L	24-44
11/03	Arizona	P	0	0	0.0	0		0	0	0	0.0	0		0	L	17-27
11/17	at Las Vegas	S	0	0	0.0	0		0	0	0	0.0	0		0	W	33-16
11/23	Philadelphia							INACTIVE							W	24-21
11/27	Kansas City	S	0	0	0.0	0		0	0	0	0.0	0		0	W	31-28
12/04	at Detroit							INACTIVE							L	30-44
12/14	Minnesota							INACTIVE							L	26-34
12/21	L.A. Chargers							INACTIVE							L	17-34
12/25	at Washington	S	4	31	7.8	14		0	0	0	0.0	0		0	W	30-23
01/04	at N.Y. Giants	P	0	0	0.0	0		0	0	0	0.0	0		0	L	17-34
2025 TOTALS			13-8	18	203	11.3	35t	1	0	0	0.0	0	0	7-9-1		

+ - Overtime