



37 CARLOS WASHINGTON JR.

RB | 5'11" | 210 | SOUTHEASTERN LOUISIANA '23

NFL EXP. 1

DOLPHINS EXP. 1

BORN 12/26/98

ACQUIRED FA, '26

HOMETOWN CLINTON, MD.

NFL CAREER

TRANSACTIONS:

- Signed by Miami on May 21, 2026.
- Waived by Atlanta on May 11, 2026.
- Signed to a reserve/future contract with Atlanta on Jan. 5, 2026.
- Signed to Atlanta's practice squad on Aug. 27, 2025.
- Waived by Atlanta on Aug. 26, 2025.
- Signed to Atlanta's active roster on Dec. 11, 2024.
- Signed to Atlanta's practice squad on Aug. 28, 2024.
- Waived by Atlanta on Aug. 27, 2024.
- Signed to a reserve/future contract with Atlanta on Jan. 10, 2024.
- Signed to Atlanta's practice squad on Sept. 20, 2023.
- Waived by Atlanta on Aug. 29, 2023.
- Signed as an undrafted college free agent by Atlanta on May 1, 2023.

CAREER HIGHLIGHTS:

- Played in 2 career games.

2025 (ATLANTA):

- Played in 1 game.
- Spent 16 games on the practice squad.

VS. TAMPA BAY (9/7): Played but did not record any stats.

2024 (ATLANTA):

- Played in 1 game.
- Inactive for 3 games.
- Spent 13 games on the practice squad.

VS. CAROLINA (1/5): Played but did not record any stats.

- Made his NFL debut.

2023 (ATLANTA):

- Spent 15 games on the practice squad.

BEFORE THE NFL

COLLEGE (SOUTHEASTERN LOUISIANA):

- 4-year letterman (2018-19, 2021-22).
- Transferred to Southeastern Louisiana from New Hampshire after the 2021 season.

CAREER: Played in 35 games; 394 carries for 1,928 yards (4.9 avg.) and 24 TDs; 68 receptions for 472 yards (6.8 avg.) and 1 TD.

SENIOR (2022 AT SOUTHEASTERN LOUISIANA): Played in all 12 games; 147 carries for 715 yards (4.9 avg.) and 15 TDs; 22 receptions for 141 yards (6.4 avg.).

JUNIOR (2021 AT NEW HAMPSHIRE): Played in 10 games; 117 carries for 547 yards (4.7 avg.) and 1 TD; 19 receptions for 136 yards (7.2 avg.) and 1 TD; 1-of-1 passing for 48 yards and 1 TD.

JUNIOR (2020 AT NEW HAMPSHIRE): Played in 1 game; 10 carries for 30 yards (3.0 avg.); 1 reception for 7 yards.

- Retained a year of eligibility due to the COVID-19 pandemic.

SOPHOMORE (2019 AT NEW HAMPSHIRE): Played in 11 games with 7 starts; 138 carries for 601 yards (4.4 avg.) and 3 TDs; 28 receptions for 160 yards (5.7 avg.); 2 kickoff returns for 31 yards (15.5 avg.).

REDSHIRT FRESHMAN (2018 AT NEW HAMPSHIRE): Played in 11 games with 2 starts; 99 carries for 582 yards (5.9 avg.) and 6 TDs; 17 receptions for 164 yards (9.6 avg.) and 1 TD; 10 kickoff returns for 159 yards (15.9 avg.).

- Redshirted in 2017.

HIGH SCHOOL (RIVERDALE BAPTIST HS - UPPER MARLBORO, MD.)

SENIOR (2016): Recorded 1,200 rushing yards, 300 receiving yards and 20 TDs.

CARLOS WASHINGTON JR.'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Atlanta	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Atlanta	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2025	Atlanta	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		2	0	0	0	0.0	0	0	0	0	0.0	0	0



2023 GXG REGULAR-SEASON (ATLANTA)

DATE	OPPONENT	P/S	RUSHING				RECEIVING				W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.		
09/10	Carolina										W	24-10
09/17	Green Bay										W	25-24
09/24	at Detroit										L	6-20
10/01	at Jacksonville										L	7-23
10/08	Houston										W	21-19
10/15	Washington										L	16-24
10/22	at Tampa Bay										W	16-13
10/29	at Tennessee										L	23-28
11/05	Minnesota										L	28-31
11/12	at Arizona										L	23-25
11/26	New Orleans										W	24-15
12/03	at N.Y. Jets										W	13-8
12/10	Tampa Bay										L	25-29
12/17	at Carolina										L	7-9
12/24	Indianapolis										W	29-10
12/31	at Chicago										L	17-37
01/07	at New Orleans										L	17-48
2023 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	7-10

2024 GXG REGULAR-SEASON (ATLANTA)

DATE	OPPONENT	P/S	RUSHING				RECEIVING				W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.		
09/08	Pittsburgh										L	10-18
09/16	at Philadelphia										W	22-21
09/22	Kansas City										L	17-22
09/29	New Orleans										W	26-24
10/03	Tampa Bay										W	36-30+
10/13	at Carolina										W	38-20
10/20	Seattle										L	14-34
10/27	at Tampa Bay										W	31-26
11/03	Dallas										W	27-21
11/10	at New Orleans										L	17-20
11/17	at Denver										L	6-38
12/01	L.A. Chargers										L	13-17
12/08	at Minnesota										L	21-42
12/16	at Las Vegas										W	15-9
12/22	N.Y. Giants										W	34-7
12/29	at Washington										L	24-30+
01/05	Carolina	P	0	0	0.0	0	0	0	0	0.0	0	L 38-44+
2024 TOTALS		1-0	0	0	0.0	0	0	0	0	0.0	0	8-9

+ - Overtime

2025 GXG REGULAR-SEASON (ATLANTA)

DATE	OPPONENT	P/S	RUSHING				RECEIVING				W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.		
09/07	Tampa Bay	P	0	0	0.0	0	0	0	0	0.0	0	L 20-23
09/14	at Minnesota										W	22-6
09/21	at Carolina										L	0-30
09/28	Washington										W	34-27
10/13	Buffalo										W	24-14
10/19	at San Francisco										L	10-20
10/26	Miami										L	10-34
11/02	at New England										L	23-24
11/09	at Indianapolis										L	25-31+
11/16	Carolina										L	27-30+
11/23	at New Orleans										W	24-10
11/30	at N.Y. Jets										L	24-27
12/07	Seattle										L	9-37
12/11	at Tampa Bay										W	29-28
12/21	at Arizona										W	26-19
12/29	L.A. Rams										W	27-24
01/04	New Orleans										W	19-17
2025 TOTALS		1-0	0	0	0.0	0	0	0	0	0.0	0	8-9

+ - Overtime