

6 MALIK WASHINGTON

WR | 5'8" | 192 | VIRGINIA '24

NFL EXP. 3 | DOLPHINS EXP. 3 | BORN 10/20/00 | ACQUIRED D6A, '24

HOMETOWN LAWRENCEVILLE, GA.

NFL CAREER

TRANSACTIONS:

- 6th-round pick (184th overall) by Miami in the 2024 NFL Draft.

CAREER HIGHLIGHTS:

- Played in 37 career games with 15 starts.
- 98 receptions for 829 yards (8.4 avg.) and 3 TDs.
- 30 carries for 173 yards (5.8 avg.) and 2 TDs.
- 60 kickoff returns for 1,575 yards (27.0 avg.).
- 43 punt returns for 459 yards (10.7 avg.) and 1 TD.
- 3 miscellaneous tackles.
- His 27.0 kickoff return average is the highest in franchise history (min. 50 returns):

HIGHEST CAREER KICKOFF RETURN AVERAGE IN DOLPHINS HISTORY (MIN. 50 RETURNS)

PLAYER	YEARS	KR	YARDS	AVG.
1. MALIK WASHINGTON	**2024-26**	**60**	**1,620**	**27.0**
2. Mercury Morris	1969-75	111	2,947	26.5
3. Duriel Harris	1976-83, 1985	56	1,416	25.3
4. Marcus Thigpen	2012-13	77	1,918	24.81
5. Jakeem Grant Sr.	2016-21	89	2,206	24.79

- His 30.7 kickoff return average in 2024 was the 2nd-best in franchise history (min. 14 returns):

HIGHEST KICKOFF RETURN AVERAGE IN DOLPHINS SINGLE-SEASON HISTORY (MIN. 14 RETURNS)

PLAYER	YEAR	KR	YARDS	AVG.
1. Duriel Harris	1976	17	559	32.9
2. MALIK WASHINGTON	**2024**	**14**	**430**	**30.7**
3. Jakeem Grant Sr.	2018	18	535	29.7
4. Gary Davis	1977	14	414	29.6
5. Mercury Morris	1970	28	812	29.0

2026 (MIAMI):

- Started 6 games.
- 26 receptions for 289 yards (11.1 avg.).
- 8 carries for 38 yards (4.8 avg.).
- 10 kickoff returns for 225 yards (22.5 avg.).
- 5 punt returns for 65 yards (13.0 avg.).

AT LAS VEGAS (9/13): 3 receptions for 53 yards (17.7 avg.); 3 kickoff returns for 56 yards (18.7 avg.); 1 punt return for 17 yards.

AT SAN FRANCISCO (9/20): 4 receptions for 43 yards (10.8 avg.); 1 carry for 4 yards; 3 kickoff returns for 69 yards (23.0 avg.); 1 punt return for 7 yards.

VS. KANSAS CITY (9/27): 5 receptions for 56 yards (11.2 avg.); 2 carries for 5 yards (2.5 avg.); 2 kickoff returns for 55 yards (27.5 avg.).

AT MINNESOTA (10/4): 5 receptions for 67 yards (13.4 avg.); 2 carries for 3 yards (1.5 avg.); 1 punt return.

- Set a career high with 67 receiving yards.

VS. CINCINNATI (10/11): 6 receptions for 43 yards (7.2 avg.); 1 carry for 18 yards; 2 kickoff returns for 45 yards (22.5 avg.); 1 punt return for 28 yards.

- Surpassed 3,000 career all-purpose yards, becoming the 11th player in Dolphins history to reach the milestone in their first 36 games.

2025 (MIAMI):

- Played in all 17 games with 6 starts.
- 46 receptions for 317 yards (6.9 avg.) and 3 TDs.
- 17 carries for 110 yards (6.5 avg.) and 1 TD.
- 36 kickoff returns for 965 yards (26.8 avg.).
- 20 punt returns for 260 yards (13.0 avg.) and 1 TD.
- 2 miscellaneous tackles.

VS. NEW ENGLAND (9/14): 1 reception for 2 yards; 3 carries for 23 yards (7.7 avg.); 1 punt return for 74 yards and 1 TD; 2 kickoff returns for 48 yards (24.0 avg.).

- Returned a punt 74 yards for the go-ahead TD with 7:18 remaining in the 4th quarter.
- It was his 1st punt return TD of his career and tied for the 8th-longest punt return in Dolphins history.

VS. L.A. CHARGERS (10/12): 4 receptions for 22 yards (5.5 avg.); 1 carry for 1 yard; 5 kickoff returns for 153 yards (30.6 avg.); 1 punt return for 8 yards.

AT ATLANTA (10/26): 4 receptions for 36 yards (9.0 avg.) and 1 TD.

- Caught a 9-yard TD pass from QB Tua Tagovailoa to extend Miami's lead, 17-3, in the 2nd quarter.

VS. BUFFALO (11/9): 2 receptions for 9 yards (4.5 avg.) and 1 TD; 1 carry for 4 yards; 1 kickoff return for 24 yards; 1 punt return for 13 yards; 1 miscellaneous tackle.

- Caught a 9-yard TD pass from QB Tua Tagovailoa to give Miami a 7-0 lead with 4:53 remaining in the 1st quarter.

VS. CINCINNATI (12/21): 1 reception for 23 yards; 1 carry for 9 yards and 1 TD; 5 kickoff returns for 132 yards (26.4 avg.).

- Scored on a 9-yard TD run to give Miami a 14-10 lead with 2:30 remaining in the 2nd quarter.

2024 (MIAMI):

- Played in 14 games with 3 starts.
- Inactive for 3 games.
- 26 receptions for 223 yards (8.6 avg.).
- 5 carries for 25 yards (5.0 avg.) and 1 TD.
- 14 kickoff returns for 430 yards (30.7 avg.).
- 18 punt returns for 134 yards (7.4 avg.).
- 1 miscellaneous tackle.

AT L.A. RAMS (11/11): 1 reception for 17 yards; 1 carry for 18 yards and 1 TD; 3 punt returns for 21 yards (7.0 avg.).

- Made his 1st career start.
- Scored on an 18-yard TD run on Miami's opening possession.
- It was the 1st TD of his career.

VS. N.Y. JETS (12/8): 3 kickoff returns for 95 yards (31.7 avg.); 1 punt return for 10 yards.

- Returned a kickoff 45 yards in the final minute of regulation, leading to a game-tying 52-yard field goal from K Jason Sanders.

AT HOUSTON (12/15): 5 receptions for 52 yards (10.4 avg.); 3 kickoff returns for 73 yards (24.3 avg.); 2 punt returns for 24 yards (12.0 avg.).

AT N.Y. JETS (1/5): 4 receptions for 48 yards (12.0 avg.); 3 kickoff returns for 122 yards (40.7 avg.).

BEFORE THE NFL

COLLEGE (VIRGINIA):

- 2-year starter (2022-23)
- Transferred to Virginia from Northwestern as a graduate transfer following his senior season (2022).

CAREER: Played in 52 games with 31 starts; 230 receptions for 2,774 yards (12.1 avg.) and 12 TDs; 18 carries for 29 yards (1.6 avg.).

GRADUATE (2023 AT VIRGINIA): Played in 12 games with 11 starts; 110 receptions for 1,426 yards (13.0 avg.) and 9 TDs; 3 carries for 7 yards (2.3 avg.).

- 1st-team All-ACC.
- 2nd-team All-American.
- Served as team captain.
- Led the FBS with 10 games of 100+ receiving yards.
- His 110 receptions broke single-season records for both UVA and the ACC, and his 1,426 receiving yards set a single-season record at Virginia.

SENIOR (2022 AT NORTHWESTERN): Started all 12 games; 65 receptions for 694 yards (10.7 avg.) and 1 TD; 9 carries for 12 yards (1.3 avg.).

JUNIOR (2021 AT NORTHWESTERN): Played in all 12 games with 7 starts; 44 receptions for 578 yards (13.1 avg.) and 2 TDs.

SOPHOMORE (2020 AT NORTHWESTERN): Played in 5 games; 5 receptions for 51 yards (10.2 avg.); 1 carry for 8 yards (8.0 avg.).

TRUE FRESHMAN (2019 AT NORTHWESTERN): Played in 11 games with 1 start; 6 receptions for 25 yards (4.2 avg.).

HIGH SCHOOL (PARKVIEW HS – LILBURN, GA.)

- Also lettered in track and field.
- Claimed a state and national championship in the 4x100 relay in 2017.

SENIOR (2018): 55 receptions for 792 yards (14.4 avg.) and 5 TDs; 43 carries for 287 yards (6.7 avg.) and 9 TDs; 5-of-10 passing (50.0 pct.) for 38 yards and 1 TD.

OFF THE FIELD

COMMUNITY:

2026:

- Helped pack meal boxes for families in need as part of the Football UNITES Jason Jenkins Days of Service.
- Participated in the 5K at DCC XVI, helping raise funds for cancer research.

2025:

- Joined the Dolphins Cancer Challenge executive board.
- Served members of the South Florida community through team events and initiatives around Thanksgiving and the holidays, sharing fellowship, meals and gifts with families from local community organizations.
- Participated in the month-long Jason Jenkins Days of Service initiative, volunteering at Feeding South Florida to inspect, sort and package food and produce for families facing food insecurity.

PERSONAL:

- **MASTER'S DEGREE:** Higher education.
- **MAJOR**: Psychology with a certificate in organizational leadership.

MALIK WASHINGTON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
YEAR	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Miami	14	3	26	223	8.6	20	0	5	25	5.0	18t	1
2025	Miami	17	6	46	317	6.9	28	3	17	110	6.5	18	1
2026	Miami	6	6	26	289	11.1	30	0	8	38	4.8	18	0
NFL TOTALS		**37**	**15**	**98**	**829**	**8.5**	**30**	**3**	**30**	**173**	**5.8**	**18t**	**2**

MALIK WASHINGTON'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
YEAR	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2024	Miami	14	430	30.7	67	0	18	3	134	7.4	19	0
2025	Miami	36	965	26.8	47	0	20	11	260	13.0	74t	1
2026	Miami	10	225	22.5	33	0	5	3	65	13.0	28	0
NFL TOTALS		**60**	**1,620**	**27.0**	**67**	**0**	**43**	**17**	**459**	**10.7**	**74t**	**1**

SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 vs. Baltimore, Oct 30, 2025 ...1 more at 3.
Rushing Yards	23 vs. New England, Sep 14, 2025
Longest Runs	18 vs. Cincinnati, Oct 11, 2026 ...2 more at 18.
Rushing TDs	1 at L.A. Rams, Nov 11, 2024
Receptions	6 vs. Cincinnati, Oct 11, 2026
Receiving Yards	67 at Minnesota, Oct 04, 2026
Receiving Average	17.7 at Las Vegas, Sep 13, 2026
Longest Receptions	30 vs. Kansas City, Sep 27, 2026 ...1 more at 30.
Receiving TDs	1 vs. Buffalo, Nov 09, 2025 ...1 more at 1.
All-Purpose Yards	184 vs. L.A. Chargers, Oct 12, 2025
Kickoff Returns	5 vs. Cincinnati, Dec 21, 2025 ...1 more at 5.
Kickoff Return Yards	153 vs. L.A. Chargers, Oct 12, 2025
Longest Kickoff Return	67 at N.Y. Jets, Jan 05, 2025
Fair Catches	2 vs. Cincinnati, Oct 11, 2026 ...3 more at 2.
Punt Return Yards	74 vs. New England, Sep 14, 2025
Longest Punt Return	74t vs. New England, Sep 14, 2025
Punt Returns	3 at Carolina, Oct 05, 2025 ...1 more at 3.
Punt Return TDs	1 vs. New England, Sep 14, 2025
Punt Return Average	9.7 at Carolina, Oct 05, 2025
Kickoff Return Average	40.7 at N.Y. Jets, Jan 05, 2025
Most TDs	1 at New England, Jan 04, 2026 ...5 more at 1.
Miscellaneous Tackles	1 at New England, Oct 06, 2024
Scrimmage Yards	70 at Minnesota, Oct 04, 2026

2024 GXG REGULAR-SEASON (MIAMI)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Jacksonville						INACTIVE						W	20-17
09/12	Buffalo						INACTIVE						L	10-31
09/22	at Seattle						INACTIVE						L	3-24
09/30	Tennessee	P	1	8	8.0	8	0	0	0	0.0	0	0	L	12-31
10/06	at New England	P	0	0	0.0	0	0	0	0	0.0	0	0	W	15-10
10/20	at Indianapolis	P	2	9	4.5	7	0	0	0	0.0	0	0	L	10-16
10/27	Arizona	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-28
11/03	at Buffalo	P	0	0	0.0	0	0	1	9	9.0	9	0	L	27-30
11/11	at L.A. Rams	S	1	17	17.0	17	0	1	18	18.0	18t	1	W	23-15
11/17	Las Vegas	P	3	11	3.7	9	0	1	7	7.0	7	0	W	34-19
11/24	New England	P	1	1	1.0	1	0	1	2	2.0	2	0	W	34-15
11/28	at Green Bay	P	2	8	4.0	8	0	0	0	0.0	0	0	L	17-30
12/08	N.Y. Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-26+
12/15	at Houston	P	5	52	10.4	20	0	0	0	0.0	0	0	L	12-20
12/22	San Francisco	S	3	28	9.3	19	0	0	0	0.0	0	0	W	29-17
12/29	at Cleveland	S	4	41	10.3	13	0	1	-11	-11.0	-11	0	W	20-3
01/05	at N.Y. Jets	P	4	48	12.0	20	0	0	0	0.0	0	0	L	20-32
2024 TOTALS		**14-3**	**26**	**223**	**8.6**	**20**	**0**	**5**	**25**	**5.0**	**18t**	**1**	**8-9**	

+ - Overtime

2025 GXG REGULAR-SEASON (MIAMI)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	at Indianapolis	P	2	20	10.0	11	0	1	9	9.0	9	0	L	8-33
09/14	New England	P	1	2	2.0	2	0	3	23	7.7	18	0	L	27-33
09/18	at Buffalo	S	3	12	4.0	5	0	2	20	10.0	14	0	L	21-31
09/29	N.Y. Jets	S	2	13	6.5	9	0	2	8	4.0	8	0	W	27-21
10/05	at Carolina	S	4	0	0.0	8	0	0	0	0.0	0	0	L	24-27
10/12	L.A. Chargers	P	4	22	5.5	9	0	1	1	1.0	1	0	L	27-29
10/19	at Cleveland	P	5	30	6.0	14	0	0	0	0.0	0	0	L	6-31
10/26	at Atlanta	P	4	36	9.0	17	1	0	0	0.0	0	0	W	34-10
10/30	Baltimore	P	3	48	16.0	28	0	3	13	4.3	7	0	L	6-28
11/09	Buffalo	P	2	9	4.5	9t	1	1	4	4.0	4	0	W	30-13
11/16	Washington	P	3	42	14.0	18	0	0	0	0.0	0	0	W	16-13+
11/30	New Orleans	P	4	30	7.5	19	0	0	0	0.0	0	0	W	21-17
12/07	at N.Y. Jets	P	3	10	3.3	9	0	0	0	0.0	0	0	W	34-10
12/15	at Pittsburgh	S	1	10	10.0	10	0	0	0	0.0	0	0	L	15-28
12/21	Cincinnati	P	1	23	23.0	23	0	1	9	9.0	9t	1	L	21-45
12/28	Tampa Bay	S	1	4	4.0	4	0	1	1	1.0	1	0	W	20-17
01/04	at New England	S	3	6	2.0	5	1	2	22	11.0	14	0	L	10-38
2025 TOTALS		**17-6**	**46**	**317**	**6.9**	**28**	**3**	**17**	**110**	**6.5**	**18**	**1**	**7-10**	

+ - Overtime

2026 GXG REGULAR-SEASON (MIAMI)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Las Vegas	S	3	53	17.7	30	0	0	0	0.0	0	0	L	13-27
09/20	at San Francisco	S	4	43	10.8	23	0	1	4	4.0	4	0	L	13-35
09/27	Kansas City	S	5	56	11.2	30	0	2	5	2.5	4	0	L	10-24
10/04	at Minnesota	S	5	67	13.4	17	0	2	3	1.5	3	0	L	10-15
10/11	Cincinnati	S	6	43	7.2	13	0	1	18	18.0	18	0	L	24-31
10/25	at N.Y. Jets	S	3	27	9.0	12	0	2	8	4.0	8	0	W	28-25
2026 TOTALS		**6-6**	**26**	**289**	**11.1**	**30**	**0**	**8**	**38**	**4.8**	**18**	**0**	**1-5**	