

2025 NFC Championship

National Football League Game Summary

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Date: Sunday, 1/25/2026

Los Angeles Rams at Seattle Seahawks

Start Time: 3:41 PM PST

at Lumen Field, Seattle, WA

Game Day Weather

Game Weather: Sunny

Temp: 41° F (5.0° C) Humidity: 67%, Wind: W 2 mph

Open Stadium on Artificial Turf

Officials

Referee: Martin, Clay (19)

Umpire: Killens Jr., Terry (77)

Down Judge: Oliver, David (24)

Line Judge: Payne, Kent (79)

Field Judge: Boger, Trawick (23)

Side Judge: Jeffries, Anthony (36)

Back Judge: Monroe, Jonah (120)

Replay Official: Adams, Chad (0)

Lineups

Los Angeles Rams						Seattle Seahawks					
Offense			Defense			Offense			Defense		
TE	89	T.Higbee	OLB	8	J.Verse	WR	10	C.Kupp	DT	99	L.Williams
LT	77	A.Jackson	DE	91	K.Turner	WR	11	J.Smith-Njigba	NT	91	B.Murphy
LG	73	S.Avila	DE	55	B.Fiske	LT	67	C.Cross	NT	90	J.Reed
C	65	C.Shelton	OLB	0	B.Young	LG	76	G.Zabel	LB	0	D.Lawrence
RG	69	K.Dotson	ILB	48	O.Speights	C	61	J.Sundell	LB	13	E.Jones
RT	71	W.McClendon	ILB	53	N.Landman	RG	75	A.Bradford	LB	42	D.Thomas
TE	84	C.Parkinson	CB	31	D.Williams	RT	72	A.Lucas	CB	21	D.Witherspoon
TE	18	T.Ferguson	CB	14	C.Durant	TE	88	A.Barner	CB	29	J.Jobe
WR	12	P.Nacua	S	26	K.Kinchens	WR	22	R.Shaheed	S	3	N.Emmanwori
QB	9	M.Stafford	S	37	Q.Lake	QB	14	S.Darnold	S	8	C.Bryant
RB	23	K.Williams	S	3	K.Curl	RB	9	K.Walker	S	20	J.Love

Substitutions

CB 1 E.Forbes, S 2 J.McCollough, OLB 6 N.Hampton, OLB 10 J.Stewart, WR 15 K.Mumpfield, WR 17 D.Adams, WR 19 X.Smith, RB 20 R.Rivers, RB 22 B.Corum, ILB 24 E.Neal, CB 25 R.McCreary, CB 30 J.Wallace, P 42 E.Evans, LS 44 J.McQuaide, ILB 51 T.Reeder, DL 57 T.Hamilton, OL 67 J.Dedich, OL 68 D.Quessenberry, TE 87 D.Allen, WR 88 J.Whittington, DE 90 T.Davis, K 92 H.Mevis, DE 94 D.Johnson, NT 95 P.Ford

Substitutions

P 4 M.Dickson, K 5 J.Myers, LB 7 U.Nwosu, WR 19 J.Bobo, CB 27 T.Woolen, CB 28 N.Pritchett, RB 30 C.Akers, RB 36 G.Holani, FB 38 B.Russell, S 39 T.Okada, LS 41 C.Stoll, LB 48 T.Knight, LB 52 P.O'Connell, LB 53 B.Mafe, LB 57 C.O'Toole, LB 58 D.Hall, G/T 74 J.Jones, T/G 78 M.Richman, TE 81 E.Saubert, WR 83 D.Young, TE 89 N.Kallerup, DE 94 M.Morris, NT 95 B.Pili, DE 98 R.Mills

Did Not Play

QB 11 J.Garoppolo, OL 72 D.Humphries

Did Not Play

QB 2 D.Lock, C 55 O.Oluwatimi

Not Active

WR 5 T.Atwell, 3QB 13 S.Bennett, CB 21 D.Kendrick, RB 27 J.Hunter, TE 38 N.Vannett, OL 50 B.Limmer, DE 52 L.Murchison

Not Active

3QB 6 J.Milroe, TE 18 E.Arroyo, RB 32 V.Jones, FB 40 R.Ouzts, LB 51 J.Ivey, G 64 C.Haynes, T 79 A.Kight

Field Goals (made () & missed)

H.Mevis		(44) (50)	J.Myers		(27)						
			1	2	3	4	OT	Total			
VISITOR:	Los Angeles Rams		3	10	14	0	0	27			
HOME:	Seattle Seahawks		10	7	14	0	0	31			

Scoring Plays

Team	Qtr	Time	Play Description (Extra Point) (Drive Info)	Visitor	Home
Seahawks	1	9:57	K.Walker 2 yd. run (J.Myers kick) (7-81, 3:36)	0	7
Rams	1	8:15	H.Mevis 44 yd. Field Goal (6-47, 1:42)	3	7
Seahawks	1	0:54	J.Myers 27 yd. Field Goal (12-56, 7:21)	3	10
Rams	2	12:11	H.Mevis 50 yd. Field Goal (8-33, 3:43)	6	10
Rams	2	1:55	K.Williams 9 yd. pass from M.Stafford (H.Mevis kick) (12-87, 7:23)	13	10
Seahawks	2	0:20	J.Smith-Njigba 14 yd. pass from S.Darnold (J.Myers kick) (6-74, 0:34)	13	17
Seahawks	3	12:02	J.Bobo 17 yd. pass from S.Darnold (J.Myers kick) (1-17, 0:05)	13	24
Rams	3	9:41	D.Adams 2 yd. pass from M.Stafford (H.Mevis kick) (4-75, 2:21)	20	24
Seahawks	3	4:52	C.Kupp 13 yd. pass from S.Darnold (J.Myers kick) (9-65, 4:49)	20	31

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Rams	3	2:06	P.Nacua 34 yd. pass from M.Stafford (H.Mevis kick) (5-87, 2:46)	27	31
Paid Attendance: 68,773				Time: 3:11	

Final Individual Statistics

Los Angeles Rams									Seattle Seahawks														
RUSHING									RUSHING														
	ATT	YDS	AVG	LG	TD					ATT	YDS	AVG	LG	TD									
B.Corum	9	55	6.1	19	0	K.Walker				19	62	3.3	11	1									
K.Williams	10	39	3.9	11	0	S.Darnold				3	9	3.0	14	0									
M.Stafford	2	16	8.0	13	0	G.Holani				3	4	1.3	3	0									
P.Nacua	1	4	4.0	4	0	R.Shaheed				1	0	0.0	0	0									
Total	22	114	5.2	19	0	Total				26	75	2.9	14	1									
PASSING												PASSING											
	ATT	CMP	YDS	SK/YD	TD	LG	IN	RT		ATT	CMP	YDS	SK/YD	TD	LG	IN	RT						
M.Stafford	35	22	374	1/9	3	44	0	127.6	S.Darnold	36	25	346	3/25	3	51	0	127.8						
Total	35	22	374	1/9	3	44	0	127.6	Total	36	25	346	3/25	3	51	0	127.8						
PASS RECEIVING												PASS RECEIVING											
	TAR	REC	YDS	AVG	LG	TD				TAR	REC	YDS	AVG	LG	TD								
P.Nacua	14	9	165	18.3	44	1	J.Smith-Njigba			12	10	153	15.3	42	1								
D.Adams	6	4	89	22.3	35	1	K.Walker			4	4	49	12.3	15	0								
C.Parkinson	4	3	62	20.7	40	0	C.Kupp			6	4	36	9.0	13	1								
B.Corum	3	3	24	8.0	15	0	G.Holani			4	3	27	9.0	13	0								
K.Williams	2	2	22	11.0	13	1	A.Barner			3	2	13	6.5	7	0								
T.Higbee	1	1	12	12.0	12	0	R.Shaheed			3	1	51	51.0	51	0								
K.Mumphfield	2	0	0	0.0	0	0	J.Bobo			2	1	17	17.0	17	1								
T.Ferguson	1	0	0	0.0	0	0																	
R.Rivers	1	0	0	0.0	0	0																	
Total	34	22	374	17.0	44	3	Total			34	25	346	13.8	51	3								
INTERCEPTIONS												INTERCEPTIONS											
	NO	YDS	AVG	LG	TD					NO	YDS	AVG	LG	TD									
Total	0	0	0	0	0	Total				0	0	0	0	0									
PUNTING												PUNTING											
	NO	YDS	AVG	NET	TB	IN20	LG			NO	YDS	AVG	NET	TB	IN20	LG							
E.Evans	2	84	42.0	42.0	0	1	43	M.Dickson		5	226	45.2	45.2	0	5	56							
Total	2	84	42.0	42.0	0	1	43	Total		5	226	45.2	45.2	0	5	56							
PUNT RETURNS												PUNT RETURNS											
	NO	YDS	AVG	FC	LG	TD				NO	YDS	AVG	FC	LG	TD								
X.Smith	2	0	0.0	1	0	0	R.Shaheed			0	0	0.0	2	0	0								
K.Williams	0	0	0.0	2	0	0																	
Total	2	0	0.0	3	0	0	Total			0	0	0.0	2	0	0								
KICKOFF RETURNS												KICKOFF RETURNS											
	NO	YDS	AVG	FC	LG	TD				NO	YDS	AVG	FC	LG	TD								
J.Whittington	5	116	23.2	0	25	0	R.Shaheed			1	21	21.0	0	21	0								
R.Rivers	1	29	29.0	0	29	0	[TOUCHBACK]			5	0	0.0	0	0	0								
Total	6	145	24.2	0	29	0	Total			1	21	21.0	0	21	0								

Los Angeles Rams

FUMBLES	FUM	LOST	OWN-REC	YDS	TD	FORCED	OPP-REC	YDS	TD	OUT-BDS
X.Smith	2	1	1	0	0	0	0	0	0	0
C.Parkinson	1	0	0	0	0	0	0	0	0	1
M.Stafford	1	0	0	0	0	0	0	0	0	0
K.Dotson	0	0	1	0	0	0	0	0	0	0
N.Landman	0	0	0	0	0	1	0	0	0	0
Total	4	1	2	0	0	1	0	0	0	1

Seattle Seahawks

FUMBLES	FUM	LOST	OWN-REC	YDS	TD	FORCED	OPP-REC	YDS	TD	OUT-BDS
S.Darnold	1	0	1	-9	0	0	0	0	0	0
A.Barner	1	0	0	0	0	0	0	0	0	1
J.Jobé	0	0	0	0	0	1	0	0	0	0
D.Lawrence	0	0	0	0	0	1	0	0	0	0
D.Young	0	0	0	0	0	0	1	0	0	0
Total	2	0	1	-9	0	2	1	0	0	1

Final Team Statistics

	Visitor Rams	Home Seahawks
TOTAL FIRST DOWNS	26	24
By Rushing	7	4
By Passing	17	19
By Penalty	2	1
THIRD DOWN EFFICIENCY	1-8-12.5%	7-13-53.8%
FOURTH DOWN EFFICIENCY	1-2-50.0%	0-0-0.0%
TOTAL NET YARDS	479	396
Total Offensive Plays (inc. times thrown passing)	58	65
Average gain per offensive play	8.3	6.1
NET YARDS RUSHING	114	75
Total Rushing Plays	22	26
Average gain per rushing play	5.2	2.9
Tackles for a loss-number and yards	0-0	5-14
NET YARDS PASSING	365	321
Times thrown - yards lost attempting to pass	1-9	3-25
Gross yards passing	374	346
PASS ATTEMPTS-COMPLETIONS-HAD INTERCEPTED	35-22-0	36-25-0
Avg gain per pass play (inc.# thrown passing)	10.1	8.2
KICKOFFS Number-In End Zone-Touchbacks	6-5-5	6-1-0
PUNTS Number and Average	2-42.0	5-45.2
Had Blocked	0	0
FGs - PATs Had Blocked	0-0	0-0
Net Punting Average	42.0	45.2
TOTAL RETURN YARDAGE (Not Including Kickoffs)	0	0
No. and Yards Punt Returns	2-0	0-0
No. and Yards Kickoff Returns	6-145	1-21
No. and Yards Interception Returns	0-0	0-0
PENALTIES Number and Yards	4-30	6-50
FUMBLES Number and Lost	4-1	2-0
TOUCHDOWNS	3	4
Rushing	0	1
Passing	3	3
EXTRA POINTS Made-Attempts	3-3	4-4
Kicking Made-Attempts	3-3	4-4
FIELD GOALS Made-Attempts	2-2	1-1
RED ZONE EFFICIENCY	2-3-67%	4-5-80%
GOAL TO GO EFFICIENCY	1-1-100%	2-3-67%
SAFETIES	0	0
FINAL SCORE	27	31
TIME OF POSSESSION	28:10	31:50

Ball Possession And Drive Chart

Los Angeles Rams												
#	Time Recd	Time Lost	Time Poss	How Ball Obtained	Drive Began	# Play	Yds Gain	Yds Pen	Net Yds	1st Down	Last Scrm	How Given Up
1	15:00	13:33	1:27	Kickoff	LA 31	3	7	0	7	0	LA 38	Punt
2	9:57	8:15	1:42	Kickoff	LA 27	6	47	0	47	1	SEA 26	Field Goal
3	0:54	12:11	3:43	Kickoff	LA 35	8	33	0	33	2	SEA 32	Field Goal
4	9:18	1:55	7:23	Punt	LA 13	12	87	0	87	6	* SEA 9	Touchdown
5	1:33	0:54	0:39	Punt	LA 28	3	5	0	5	0	LA 33	Punt
6	0:20	0:00	0:20	Kickoff	LA 29	2	25	0	25	2	LA 41	End of Half
7	12:02	9:41	2:21	Kickoff	LA 25	4	75	0	75	3	* SEA 2	Touchdown
8	4:52	2:06	2:46	Kickoff	LA 13	5	77	10	87	4	SEA 34	Touchdown
9	12:18	4:54	7:24	Punt	LA 10	14	79	5	84	6	* SEA 6	Downs
10	0:25	0:00	0:25	Punt	LA 7	3	44	0	44	2	LA 30	End of Game

(218) Average LA 22

Seattle Seahawks												
#	Time Recd	Time Lost	Time Poss	How Ball Obtained	Drive Began	# Play	Yds Gain	Yds Pen	Net Yds	1st Down	Last Scrm	How Given Up
1	13:33	9:57	3:36	Punt	SEA 19	7	81	0	81	3	* LA 2	Touchdown
2	8:15	0:54	7:21	Kickoff	SEA 35	12	66	-10	56	4	* LA 9	Field Goal
3	12:11	9:18	2:53	Kickoff	SEA 35	4	2	0	2	1	SEA 37	Punt
4	1:55	1:33	0:22	Kickoff	SEA 35	3	2	0	2	0	SEA 37	Punt
5	0:54	0:20	0:34	Punt	SEA 26	6	79	-5	74	4	* LA 14	Touchdown
6	15:00	12:07	2:53	Kickoff	SEA 20	5	7	0	7	1	SEA 27	Punt
7	12:07	12:02	0:05	Muffed Punt	LA 17	1	17	0	17	1	* LA 17	Touchdown
8	9:41	4:52	4:49	Kickoff	SEA 35	9	65	0	65	4	* LA 13	Touchdown
9	2:06	12:18	4:48	Kickoff	SEA 27	8	24	5	29	2	LA 44	Punt
10	4:54	0:25	4:29	Downs	SEA 6	11	44	5	49	4	LA 45	Punt

(321) Average SEA 32

* inside opponent's 20

Time of Possession by Quarter		1st	2nd	3rd	4th	OT	Total
Visitor	Los Angeles Rams	4:03	11:11	5:07	7:49		28:10
Home	Seattle Seahawks	10:57	3:49	9:53	7:11		31:50
Kickoff Drive No.-Start Average		Rams: 6 - LA 27		Seahawks: 6 - SEA 31			

1/25/2026 at Lumen Field

Los Angeles Rams	Regular Defensive Plays												Special Teams					Misc			
	TKL	AST	COMB	SK	/ YDS	TFL	Q	IN	PD	FF	FR	TKL	AST	FF	FR	BL	TKL	AST	FF	FR	
O.Speights	7	4	11	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Q.Lake	3	4	7	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	
N.Landman	4	2	6	0	0	1	0	0	1	1	0	0	0	0	0	0	0	0	0	0	
R.McCreary	3	3	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
C.Durant	4	1	5	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	
K.Curl	3	1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
D.Williams	3	1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
K.Kinchens	2	1	3	1	9	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.Verse	1	2	3	1	8	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	
B.Fiske	2	0	2	1	8	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
K.Turner	2	0	2	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.McCollough	2	0	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	
B.Young	1	1	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.Stewart	0	2	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
E.Forbes	1	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P.Ford	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
D.Johnson	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
T.Reeder	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
X.Smith	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0	
N.Hampton	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
K.Dotson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
Total	38	25	63	3	25	8	7	0	5	1	0	0	2	0	1	0	0	0	0	1	

Seattle Seahawks	Regular Defensive Plays												Special Teams					Misc			
	TKL	AST	COMB	SK	/ YDS	TFL	QH	IN	PD	FF	FR	TKL	AST	FF	FR	BL	TKL	AST	FF	FR	
E.Jones	6	2	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
D.Witherspoon	6	0	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	
D.Thomas	1	5	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
N.Emmanwori	4	1	5	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	
B.Murphy	3	2	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.Love	3	1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.Jobe	2	1	3	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
D.Lawrence	2	0	2	1	9	1	1	0	0	1	0	0	0	0	0	0	0	0	0	0	
T.Woolen	2	0	2	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	
T.Knight	1	1	2	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	
C.Bryant	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
U.Nwosu	1	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
L.Williams	1	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
B.Mafe	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
J.Reed	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
D.Hall	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
E.Saubert	0	0	0	0	0	0	0	0	0	0	0	0	1	2	0	0	0	0	0	0	
J.Bobo	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
D.Young	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	
B.Russell	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	
C.O'Toole	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	
M.Morris	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	
S.Darnold	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
Total	34	16	50	1	9	1	3	0	7	2	0	2	8	0	1	0	0	0	0	1	

1/25/2026 at Lumen Field

PERIOD SCORES

Rams	$3 \times 10 = 13$
Seahawks	$10 \times 7 = 17$

TIME OF POSSESSION

Rams	15:14
Seahawks	14:46

Scoring Plays

Team	Qtr	Time	Play Description (Extra Point) (Drive Info)	Visitor	Home
Seahawks	1	9:57	K.Walker 2 yd. run (J.Myers kick) (7-81, 3:36)	0	7
Rams	1	8:15	H.Mevis 44 yd. Field Goal (6-47, 1:42)	3	7
Seahawks	1	0:54	J.Myers 27 yd. Field Goal (12-56, 7:21)	3	10
Rams	2	12:11	H.Mevis 50 yd. Field Goal (8-33, 3:43)	6	10
Rams	2	1:55	K.Williams 9 yd. pass from M.Stafford (H.Mevis kick) (12-87, 7:23)	13	10
Seahawks	2	0:20	J.Smith-Njigba 14 yd. pass from S.Darnold (J.Myers kick) (6-74, 0:34)	13	17

	Los Angeles Rams	Seattle Seahawks
TOTAL FIRST DOWNS	11	12
First Downs Rushing-Passing-by Penalty	5 - 6 - 0	2 - 10 - 0
THIRD DOWN EFFICIENCY	1-5-20.0%	3-6-50.0%
TOTAL NET YARDS	204	239
Total Offensive Plays	32	31
NET YARDS RUSHING	88	38
NET YARDS PASSING	116	201
Gross Yards Passing	125	209
Times thrown-yards lost attempting to pass	1-9	1-8
Pass Attempts-Completions-Had Intercepted	15 - 8 - 0	18 - 12 - 0
Punts-Number and Average	2 - 42.0	2 - 49.0
Penalties-Number and Yards	0 - 0	3 - 25
Fumbles-Number and Lost	2 - 0	2 - 0
Red Zone Efficiency	1-1-100%	2-3-67%
Average Drive Start	LA 27	SEA 30

Los Angeles Rams										Seattle Seahawks															
RUSHING					ATT	YDS	AVG	LG	TD	RUSHING					ATT	YDS	AVG	LG	TD						
B.Corum					7	40	5.7	19	0	K.Walker					9	37	4.1	8	1						
K.Williams					7	31	4.4	11	0	G.Holani					2	1	0.5	3	0						
M.Stafford					1	13	13.0	13	0	S.Darnold					1	0	0.0	0	0						
P.Nacua					1	4	4.0	4	0																
Total					16	88	5.5	19	0	Total					12	38	3.2	8	1						
PASSING					ATT	CMP	YDS	SK/YD	TD	LG	IN	RT	PASSING					ATT	CMP	YDS	SK/YD	TD	LG	IN	RT
M.Stafford					15	8	125	1/9	1	44	0	103.5	S.Darnold					18	12	209	1/8	1	51	0	124.5
Total					15	8	125	1/9	1	44	0	103.5	Total					18	12	209	1/8	1	51	0	124.5
PASS RECEIVING					TAR	REC	YDS	AVG	LG	TD	PASS RECEIVING					TAR	REC	YDS	AVG	LG	TD				
P.Nacua					8	4	75	18.8	44	0	J.Smith-Njigba					9	7	115	16.4	42	1				
D.Adams					3	1	23	23.0	23	0	K.Walker					2	2	24	12.0	14	0				
T.Higbee					1	1	12	12.0	12	0	R.Shaheed					1	1	51	51.0	51	0				
K.Williams					1	1	9	9.0	9	1	G.Holani					2	1	13	13.0	13	0				
C.Parkinson					1	1	6	6.0	6	0	A.Barner					2	1	6	6.0	6	0				
R.Rivers					1	0	0	0.0	0	0	C.Kupp					2	0	0	0.0	0	0				
Total					15	8	125	15.6	44	1	Total					18	12	209	17.4	51	1				

[illegible]

First Half Summary

Seattle Seahawks				Regular Defensive Plays										Special Teams					Misc			
	TKL	AST	COMB	SK	/ YDS	TFL	QH	IN	PD	FF	FR		TKL	AST	FF	FR	BL		TKL	AST	FF	FR
E.Jones	4	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
D.Thomas	1	4	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
N.Emmanwori	3	1	4	0	0	0	0	0	3	0	0		0	0	0	0	0		0	0	0	0
D.Witherspoon	2	0	2	0	0	0	0	0	0	0	0		0	0	0	0	0		0	0	0	0
Total	10	6	16	0	0	0	0	0	3	0	0		0	0	0	0	0		0	0	0	0

Play By Play

First Quarter

1/25/2026

SEA wins the coin toss and elects to defer. LA elects to Receive, and SEA elects to defend the south goal.

J.Myers kicks 59 yards from SEA 35 to LA 6. J.Whittington to LA 31 for 25 yards (E.Saubert; T.Knight).

Los Angeles Rams at 15:00, (1st play from scrimmage 14:54)

- 1-10-LA 31 (14:54) K.Williams left guard to LA 35 for 4 yards (E.Jones).
- 2-6-LA 35 (14:18) (Shotgun) M.Stafford pass short left to P.Nacua to LA 38 for 3 yards (D.Thomas; J.Jobey).
- 3-3-LA 38 (13:45) (Shotgun) M.Stafford pass incomplete short right to P.Nacua (T.Woolen).
- 4-3-LA 38 (13:40) E.Evans punts 43 yards to SEA 19, Center-J.McQuaide, fair catch by R.Shaheed.

Seattle Seahawks at 13:33

- 1-10-SEA 19 (13:33) (Shotgun) K.Walker left guard to SEA 24 for 5 yards (K.Curl).
- 2-5-SEA 24 (12:55) (Shotgun) S.Darnold pass incomplete short right to J.Smith-Njigba (N.Landman).
- 3-5-SEA 24 (12:51) (Shotgun) S.Darnold pass deep right to R.Shaheed to LA 25 for 51 yards (D.Williams).
- 1-10-LA 25 (12:06) S.Darnold pass short right to J.Smith-Njigba pushed ob at LA 9 for 16 yards (Q.Lake).
- 1-9-LA 9 (11:22) K.Walker up the middle to LA 6 for 3 yards (N.Landman).
- 2-6-LA 6 (10:43) K.Walker up the middle to LA 2 for 4 yards (P.Ford; D.Williams).
- 3-2-LA 2 **(10:03) K.Walker right end for 2 yards, TOUCHDOWN.**
- J.Myers extra point is GOOD, Center-C.Stoll, Holder-M.Dickson.

P1

P2

R3

Timeout at 09:57.

LA 0 SEA 7, 7 plays, 81 yards, 3:36 drive, 5:03 elapsed

J.Myers kicks 62 yards from SEA 35 to LA 3. J.Whittington to LA 27 for 24 yards (T.Knight; D.Young).

Los Angeles Rams at 9:57, (1st play from scrimmage 9:52)

- 1-10-LA 27 (9:52) B.Corum left guard to LA 30 for 3 yards (J.Reed; B.Murphy).
- 2-7-LA 30 (9:16) M.Stafford pass deep right to P.Nacua to SEA 26 for 44 yards (D.Witherspoon).
- 1-10-SEA 26 (8:33) (Shotgun) M.Stafford pass incomplete deep right to P.Nacua.
- 2-10-SEA 26 (8:28) (Shotgun) M.Stafford pass incomplete deep right to D.Adams.
- 3-10-SEA 26 (8:23) (Shotgun) M.Stafford pass incomplete short left to P.Nacua.
- 4-10-SEA 26 **(8:19) H.Mevis 44 yard field goal is GOOD, Center-J.McQuaide, Holder-E.Evans.**

P1

Timeout at 08:15.

LA 3 SEA 7, 6 plays, 47 yards, 1:42 drive, 6:45 elapsed

E.Evans kicks 65 yards from LA 35 to end zone, Touchback to the SEA 35.

Seattle Seahawks at 8:15

- 1-10-SEA 35 (8:15) K.Walker left end to SEA 40 for 5 yards (D.Johnson; R.McCreary).
- 2-5-SEA 40 (7:29) S.Darnold pass short left to A.Barner to SEA 46 for 6 yards (N.Landman; R.McCreary). FUMBLES (N.Landman), ball out of bounds at SEA 46.
- 1-10-SEA 46 (6:47) K.Walker up the middle to LA 46 for 8 yards (R.McCreary; K.Curl).
- 2-2-LA 46 (6:06) K.Walker up the middle to LA 38 for 8 yards (N.Landman).
- 1-10-LA 38 (5:27) (Shotgun) S.Darnold pass short right to K.Walker to LA 24 for 14 yards (C.Durant).
- 1-10-LA 24 (4:40) K.Walker left guard to LA 24 for no gain (K.Turner).
- 2-10-LA 24 (4:02) (Shotgun) S.Darnold pass short left to J.Smith-Njigba pushed ob at LA 16 for 8 yards (R.McCreary).
- 3-2-LA 16 (3:19) (Shotgun) S.Darnold pass short left to J.Smith-Njigba pushed ob at LA 7 for 9 yards (C.Durant).
- 1-7-LA 7 (2:54) (No Huddle) G.Holani right end to LA 9 for -2 yards (B.Young, Q.Lake).
- 2-9-LA 9 (2:13) K.Walker up the middle to LA 5 for 4 yards (O.Speights; P.Ford).
- PENALTY on SEA-A.Bradford, Offensive Holding, 10 yards, enforced at LA 9 - No Play.*
- 2-19-LA 19 (1:46) (Shotgun) S.Darnold pass short right to K.Walker to LA 9 for 10 yards (R.McCreary).
- 3-9-LA 9 (1:02) (Shotgun) S.Darnold pass incomplete short left to A.Barner.
- 4-9-LA 9 **(:58) J.Myers 27 yard field goal is GOOD, Center-C.Stoll, Holder-M.Dickson.**

P4

R5

P6

P7

Timeout at 00:54.

LA 3 SEA 10, 12 plays, 56 yards, 7:21 drive, 14:06 elapsed

J.Myers kicks 55 yards from SEA 35 to LA 10. J.Whittington to LA 35 for 25 yards (B.Russell; C.O'Toole).

Los Angeles Rams at 0:54, (1st play from scrimmage 0:48)

- 1-10-LA 35 (:48) K.Williams left tackle to LA 39 for 4 yards (E.Jones).
- 2-6-LA 39 (:11) K.Williams up the middle to 50 for 11 yards (N.Emmanwori).

R2

Los Angeles Rams vs Seattle Seahawks at Lumen Field

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Los Angeles Rams	3	4:03	1	1	0	2	0/2	0/0
Seattle Seahawks	10	10:57	2	5	0	7	3/4	0/0

Second Quarter

1/25/2026

Play By Play

Los Angeles Rams continued.

1-10-50	(15:00) P.Nacua right end to SEA 46 for 4 yards (D.Thomas; J.Love).	
2-6-SEA 46	(14:23) (Shotgun) M.Stafford pass short right to D.Adams to SEA 23 for 23 yards (T.Woolen).	P3
1-10-SEA 23	(13:39) K.Williams right guard to SEA 23 for no gain (N.Emmanwori).	
2-10-SEA 23	(13:03) (Shotgun) M.Stafford pass incomplete short middle to D.Adams (N.Emmanwori).	
3-10-SEA 23	(12:56) (Shotgun) M.Stafford sacked at SEA 32 for -9 yards (D.Lawrence). FUMBLES (D.Lawrence) [D.Lawrence], recovered by LA-K.Dotson at SEA 32.	
4-19-SEA 32	(12:16) H.Mevis 50 yard field goal is GOOD, Center-J.McQuaide, Holder-E.Evans.	

Timeout at 12:11.

LA 6 SEA 10, 8 plays, 33 yards, 3:43 drive, 2:49 elapsed

E.Evans kicks 65 yards from LA 35 to end zone, Touchback to the SEA 35.

Seattle Seahawks at 12:11

1-10-SEA 35	(12:11) S.Darnold pass short right to J.Smith-Njigba to LA 49 for 16 yards (D.Williams).	P8
1-10-LA 49	(11:32) (Shotgun) S.Darnold FUMBLES (Aborted) at SEA 46, and recovers at SEA 42.	
2-19-SEA 42	(10:49) (Shotgun) S.Darnold sacked at SEA 34 for -8 yards (B.Fiske).	
3-27-SEA 34	(10:10) (Shotgun) G.Holani up the middle to SEA 37 for 3 yards (R.McCreary).	
4-24-SEA 37	(9:27) M.Dickson punts 53 yards to LA 10, Center-C.Stoll. X.Smith MUFFS catch, and recovers at LA 13.	

Timeout at 09:18.

Los Angeles Rams at 9:18

1-10-LA 13	(9:18) B.Corum left end to LA 21 for 8 yards (D.Thomas; E.Jones).	
2-2-LA 21	(8:41) B.Corum right guard to LA 24 for 3 yards (N.Emmanwori; C.Bryant).	R4
1-10-LA 24	(7:57) B.Corum right guard to LA 29 for 5 yards (D.Witherspoon).	
2-5-LA 29	(7:21) (Shotgun) M.Stafford pass short left to C.Parkinson to LA 35 for 6 yards (E.Jones).	P5
1-10-LA 35	(6:47) M.Stafford pass deep right to P.Nacua to SEA 44 for 21 yards (C.Bryant).	P6
1-10-SEA 44	(6:03) B.Corum right guard to SEA 44 for no gain (U.Nwosu).	
2-10-SEA 44	(5:25) B.Corum left guard pushed ob at SEA 25 for 19 yards (N.Emmanwori).	R7
1-10-SEA 25	(4:44) K.Williams left guard to SEA 23 for 2 yards (L.Williams).	
2-8-SEA 23	(4:06) (Shotgun) M.Stafford pass short left to P.Nacua ran ob at SEA 16 for 7 yards (J.Love).	
3-1-SEA 16	(3:23) K.Williams right guard to SEA 11 for 5 yards (D.Thomas).	R8
	Timeout #1 by LA at 02:41.	
1-10-SEA 11	(2:41) B.Corum right tackle to SEA 9 for 2 yards (D.Thomas; D.Hall).	

Two-Minute Warning

2-8-SEA 9	(2:00) (Shotgun) M.Stafford pass short left to K.Williams for 9 yards, TOUCHDOWN.	P9
	H.Mevis extra point is GOOD, Center-J.McQuaide, Holder-E.Evans.	

Timeout at 01:55.

LA 13 SEA 10, 12 plays, 87 yards, 7:23 drive, 13:05 elapsed
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E.Evans kicks 65 yards from LA 35 to end zone, Touchback to the SEA 35.

Seattle Seahawks at 1:55

1-10-SEA 35	(1:55) (Shotgun) K.Walker right end pushed ob at SEA 37 for 2 yards (K.Turner).	
2-8-SEA 37	(1:49) (Shotgun) S.Darnold pass incomplete short middle to C.Kupp (C.Durant).	
3-8-SEA 37	(1:44) (Shotgun) S.Darnold pass incomplete short right to G.Holani.	
4-8-SEA 37	(1:41) M.Dickson punts 45 yards to LA 18, Center-C.Stoll, fair catch by X.Smith.	
	<i>PENALTY on SEA-C.Stoll, Offensive Holding, 10 yards, enforced at LA 18.</i>	

Timeout at 01:33.

Los Angeles Rams at 1:33

1-10-LA 28	(1:33) (Shotgun) K.Williams up the middle to LA 33 for 5 yards (B.Murphy).	
2-5-LA 33	(1:13) (No Huddle, Shotgun) M.Stafford pass incomplete short right to P.Nacua (N.Emmanwori).	
	Timeout #2 by LA at 01:09.	
3-5-LA 33	(1:09) (Shotgun) M.Stafford pass incomplete short right to R.Rivers (N.Emmanwori).	
4-5-LA 33	(1:03) E.Evans punts 41 yards to SEA 26, Center-J.McQuaide, fair catch by R.Shaheed.	

Timeout at 00:54.

Los Angeles Rams vs Seattle Seahawks at Lumen Field

Seattle Seahawks at 0:54

1-10-SEA 26	(:54) (Shotgun) S.Darnold pass short right to J.Smith-Njigba pushed ob at SEA 36 for 10 yards (D.Williams).	P9
<u>1-10-SEA 36</u>	(:49) (Shotgun) S.Darnold pass incomplete short left to C.Kupp (J.McCollough).	
2-10-SEA 36	(:44) (Shotgun) S.Darnold pass deep middle to J.Smith-Njigba to LA 22 for 42 yards (K.Curl).	P10
	Timeout #1 by SEA at 00:37.	
<u>1-10-LA 22</u>	(:37) (Shotgun) S.Darnold pass short right to G.Holani to LA 9 for 13 yards (K.Kinchens; C.Durant).	P11
	Timeout #2 by SEA at 00:30.	
<u>1-9-LA 9</u>	(:30) (Shotgun) <i>PENALTY on SEA-J.Sundell, False Start, 5 yards, enforced at LA 9 - No Play.</i>	
1-14-LA 14	(:30) (Shotgun) S.Darnold pass incomplete short middle to J.Smith-Njigba.	
2-14-LA 14	(:25) (Shotgun) S.Darnold pass short left to J.Smith-Njigba for 14 yards, TOUCHDOWN [J.Verse].	P12
	J.Myers extra point is GOOD, Center-C.Stoll, Holder-M.Dickson.	

LA 13 SEA 17, 6 plays, 74 yards, 0:34 drive, 14:40 elapsed

J.Myers kicks 65 yards from SEA 35 to LA 0. R.Rivers to LA 29 for 29 yards (J.Bobo).

Los Angeles Rams at 0:20, (1st play from scrimmage 0:15)

1-10-LA 29	(:15) (Shotgun) M.Stafford pass short middle to T.Higbee to LA 41 for 12 yards (E.Jones).	P10
	Timeout #3 by LA at 00:08.	
	Timeout #3 by SEA at 00:08.	
<u>1-10-LA 41</u>	(:08) (Shotgun) M.Stafford scrambles left end to SEA 46 for 13 yards (B.Mafe).	R11

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Los Angeles Rams	13	11:11	4	5	0	9	1/3	0/0
Seattle Seahawks	17	3:49	0	5	0	5	0/2	0/0

Third Quarter

1/25/2026

Play By Play

SEA elects to Receive, and LA elects to defend the South goal.

E.Evans kicks 65 yards from LA 35 to landing zone to end zone, Touchback to the SEA 20.

Seattle Seahawks at 15:00

<u>1-10-SEA 20</u>	(15:00) K.Walker right guard to SEA 25 for 5 yards (N.Landman; O.Speights).	
2-5-SEA 25	(14:17) (Shotgun) S.Darnold pass short right to J.Smith-Njigba to SEA 37 for 12 yards (Q.Lake).	P13
<u>1-10-SEA 37</u>	(13:33) S.Darnold pass incomplete short right [J.Verse].	
2-10-SEA 37	(13:28) (Shotgun) K.Walker right end to SEA 35 for -2 yards (E.Forbes, J.Stewart). <i>Penalty on SEA-G.Zabel, Offensive Holding, declined.</i>	
3-12-SEA 35	(12:59) (Shotgun) S.Darnold sacked at SEA 27 for -8 yards (J.Verse).	
4-20-SEA 27	(12:17) M.Dickson punts 55 yards to LA 18, Center-C.Stoll. X.Smith MUFFS catch, RECOVERED by SEA-D.Young at LA 17.	

Seattle Seahawks at 12:07

1-10-LA 17	(12:07) S.Darnold pass deep middle to J.Bobo for 17 yards, TOUCHDOWN [K.Turner].	P14
	J.Myers extra point is GOOD, Center-C.Stoll, Holder-M.Dickson.	

Timeout at 12:02.

LA 13 SEA 24, 1 plays, 17 yards, 0:05 drive, 2:58 elapsed

J.Myers kicks 62 yards from SEA 35 to LA 3. J.Whittington to LA 25 for 22 yards (E.Saubert).

Los Angeles Rams at 12:02, (1st play from scrimmage 11:56)

1-10-LA 25	(11:56) M.Stafford pass deep right to C.Parkinson to SEA 35 for 40 yards (J.Jobbe). FUMBLES (J.Jobbe), ball out of bounds at SEA 35.	P12
<u>1-10-SEA 35</u>	(11:14) B.Corum up the middle to SEA 31 for 4 yards (B.Murphy).	
2-6-SEA 31	(10:31) (Shotgun) M.Stafford pass deep right to D.Adams to SEA 2 for 29 yards (J.Jobbe).	P13
<u>1-2-SEA 2</u>	(9:45) (Shotgun) M.Stafford pass short left to D.Adams for 2 yards, TOUCHDOWN.	P14
	H.Mevis extra point is GOOD, Center-J.McQuaide, Holder-E.Evans.	

Timeout at 09:41.

LA 20 SEA 24, 4 plays, 75 yards, 2:21 drive, 5:19 elapsed

E.Evans kicks 65 yards from LA 35 to end zone, Touchback to the SEA 35.

Seattle Seahawks at 9:41

1-10-SEA 35	(9:41) G.Holani right guard to SEA 38 for 3 yards (B.Young; Q.Lake).	
2-7-SEA 38	(8:59) K.Walker right end to SEA 36 for -2 yards (N.Landman).	
3-9-SEA 36	(8:23) (Shotgun) S.Darnold pass short left to C.Kupp to SEA 48 for 12 yards (J.McCollough).	P15
<u>1-10-SEA 48</u>	(7:43) K.Walker right guard to LA 41 for 11 yards (Q.Lake; O.Speights).	R16
<u>1-10-LA 41</u>	(6:58) (Shotgun) S.Darnold pass short middle to G.Holani to LA 32 for 9 yards (O.Speights).	
2-1-LA 32	(6:17) (Shotgun) S.Darnold pass short left to J.Smith-Njigba to LA 20 for 12 yards (O.Speights).	P17
<u>1-10-LA 20</u>	(5:34) S.Darnold pass short left to A.Barner to LA 13 for 7 yards (O.Speights).	
2-3-LA 13	(4:59) (No Huddle) S.Darnold pass incomplete short left to J.Bobo.	
3-3-LA 13	(4:57) (Shotgun) S.Darnold pass short right to C.Kupp for 13 yards, TOUCHDOWN [K.Turner].	P18
	J.Myers extra point is GOOD, Center-C.Stoll, Holder-M.Dickson.	

Timeout at 04:52.

LA 20 SEA 31, 9 plays, 65 yards, 4:49 drive, 10:08 elapsed

J.Myers kicks 62 yards from SEA 35 to LA 3. J.Whittington to LA 25 for 22 yards (E.Saubert; M.Morris).

PENALTY on LA-O.Speights, Illegal Block Above the Waist, 10 yards, enforced at LA 23.

Los Angeles Rams at 4:52, (1st play from scrimmage 4:45)

1-10-LA 13	(4:45) M.Stafford pass deep left to D.Adams pushed ob at LA 48 for 35 yards (J.Love).	P15
<u>1-10-LA 48</u>	(4:19) (No Huddle, Shotgun) M.Stafford pass short right to C.Parkinson to 50 for 2 yards (N.Emmanwori) [B.Murphy]. <i>PENALTY on SEA-T.Woolen, Illegal Contact, 5 yards, enforced at LA 48 - No Play.</i>	X16
<u>1-10-SEA 47</u>	(3:54) (Shotgun) K.Williams up the middle to SEA 42 for 5 yards (B.Murphy).	
2-5-SEA 42	(3:22) M.Stafford pass short left to K.Williams to SEA 41 for 1 yard (D.Witherspoon). <i>PENALTY on LA-A.Jackson, Illegal Use of Hands, 10 yards, enforced at SEA 42 - No Play.</i>	
2-15-LA 48	(2:54) K.Williams up the middle to SEA 49 for 3 yards (B.Murphy; D.Thomas).	
3-12-SEA 49	(2:20) (Shotgun) M.Stafford pass incomplete deep right to P.Nacua (T.Woolen) [U.Nwosu]. <i>PENALTY on SEA-T.Woolen, Taunting, 15 yards, enforced at SEA 49.</i>	X17

[1-10-SEA 34](#)

(2:13) M.Stafford pass deep left to P.Nacua for 34 yards, TOUCHDOWN.
The Replay Official reviewed the pass completion ruling, and the play was Upheld. The ruling on the field stands.
H.Mevis extra point is GOOD, Center-J.McQuaide, Holder-E.Evans.

** Injury Update: LA-J.Whittington return is Questionable.

** Injury Update: LA-K.Turner return is Questionable.

P18

LA 27 SEA 31, 5 plays, 87 yards, 2 penalties, 2:46 drive, 12:54 elapsed

E.Evans kicks 59 yards from LA 35 to SEA 6. R.Shaheed to SEA 27 for 21 yards (X.Smith; N.Hampton).

Seattle Seahawks at 2:06, (1st play from scrimmage 2:00)

- 1-10-SEA 27 (2:00) R.Shaheed right end ran ob at SEA 27 for no gain (K.Kinchens).
- 2-10-SEA 27 (1:14) (Shotgun) S.Darnold pass incomplete short right.
- 3-10-SEA 27 (1:08) (Shotgun) S.Darnold pass short left to K.Walker pushed ob at SEA 37 for 10 yards (K.Curl).
- [1-10-SEA 37](#) (:25) (Shotgun) S.Darnold pass short right to G.Holani to SEA 42 for 5 yards (N.Landman).

P19

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Los Angeles Rams	27	5:07	0	5	2	7	0/1	0/0
Seattle Seahawks	31	9:53	1	6	0	7	3/4	0/0

Fourth Quarter

1/25/2026

Play By Play

Seattle Seahawks continued.

2-5-SEA 42	(15:00) (Shotgun) S.Darnold scrambles left end pushed ob at LA 44 for 14 yards (O.Speights).	R20
<u>1-10-LA 44</u>	(14:18) S.Darnold sacked at SEA 47 for -9 yards (K.Kinchens).	
2-19-SEA 47	(13:32) (Shotgun) S.Darnold pass short left to C.Kupp to LA 49 for 4 yards (J.McCollough).	
3-15-LA 49	(12:49) (Shotgun) <i>PENALTY on LA-J.Verse, Neutral Zone Infraction, 5 yards, enforced at LA 49 - No Play.</i>	
3-10-LA 44	(12:29) (Shotgun) S.Darnold pass incomplete short right to R.Shaheed (C.Durant).	
4-10-LA 44	(12:24) M.Dickson punts 34 yards to LA 10, Center-C.Stoll, fair catch by K.Williams.	

Timeout at 12:18.

Los Angeles Rams at 12:18

1-10-LA 10	(12:18) B.Corum left tackle to LA 21 for 11 yards (T.Woolen).	R19
<u>1-10-LA 21</u>	(11:39) M.Stafford pass short middle to B.Corum to LA 36 for 15 yards (D.Witherspoon).	P20
<u>1-10-LA 36</u>	(11:02) M.Stafford pass short left to K.Williams pushed ob at LA 49 for 13 yards (J.Love) [L.Williams]. SEA-D.Thomas was injured during the play.	P21
<u>1-10-LA 49</u>	(10:28) M.Stafford pass incomplete deep right to K.Mumpfield.	
2-10-LA 49	(10:21) M.Stafford pass short middle to C.Parkinson to SEA 35 for 16 yards (D.Witherspoon).	P22
<u>1-10-SEA 35</u>	(9:42) (Shotgun) M.Stafford pass short right to B.Corum to SEA 33 for 2 yards (N.Emmanwori).	
2-8-SEA 33	(8:59) (Shotgun) M.Stafford pass short right to B.Corum to SEA 26 for 7 yards (E.Jones).	
3-1-SEA 26	(8:21) M.Stafford pass incomplete short middle to C.Parkinson.	
4-1-SEA 26	(8:16) (Shotgun) M.Stafford scrambles up the middle to SEA 23 for 3 yards (D.Lawrence).	R23
<u>1-10-SEA 23</u>	(7:32) B.Corum up the middle to SEA 24 for -1 yards (N.Emmanwori). <i>PENALTY on SEA-B.Mafe, Defensive Offside, 5 yards, enforced at SEA 23 - No Play.</i>	
1-5-SEA 18	(7:09) M.Stafford pass short right to P.Nacua pushed ob at SEA 12 for 6 yards (D.Witherspoon).	P24
<u>1-10-SEA 12</u>	(6:29) (Shotgun) M.Stafford pass short middle to P.Nacua to SEA 6 for 6 yards (E.Jones; T.Knight).	
2-4-SEA 6	(5:45) K.Williams up the middle to SEA 6 for no gain (T.Knight). ** Injury Update: LA-J.Whittington has returned to the game. ** Injury Update: SEA-D.Thomas return is Questionable.	
3-4-SEA 6	(5:06) (Shotgun) M.Stafford pass incomplete short right to K.Mumpfield (D.Witherspoon).	
4-4-SEA 6	(4:59) (Shotgun) M.Stafford pass incomplete short middle to T.Ferguson (D.Witherspoon).	

Timeout at 04:54.

Seattle Seahawks at 4:54

1-10-SEA 6	(4:54) K.Walker up the middle to SEA 10 for 4 yards (O.Speights).	
2-6-SEA 10	(4:21) S.Darnold pass short left to K.Walker to SEA 25 for 15 yards (C.Durant).	P21
<u>1-10-SEA 25</u>	(3:31) K.Walker up the middle to SEA 28 for 3 yards (O.Speights). Timeout #1 by LA at 03:26. ** Injury Update: SEA-B.Russell is Out of the game.	
2-7-SEA 28	(3:26) (Shotgun) S.Darnold pass incomplete deep right to R.Shaheed (Q.Lake). Timeout #1 by SEA at 03:20.	
3-7-SEA 28	(3:20) (Shotgun) S.Darnold pass short left to C.Kupp to SEA 35 for 7 yards (C.Durant).	P22
<u>1-10-SEA 35</u>	(3:11) K.Walker left tackle to SEA 35 for no gain (J.Verse; J.Stewart). Timeout #2 by LA at 03:11. Timeout #3 by LA at 03:05.	
2-10-SEA 35	(3:05) S.Darnold pass short right to J.Smith-Njigba pushed ob at SEA 49 for 14 yards (Q.Lake).	P23
<u>1-10-SEA 49</u>	(3:00) K.Walker up the middle to LA 48 for 3 yards (J.Verse; O.Speights).	
2-7-LA 48	(2:17) S.Darnold pass incomplete short left to J.Smith-Njigba. <i>PENALTY on LA-C.Durant, Defensive Holding, 5 yards, enforced at LA 48 - No Play.</i>	X24
<u>1-10-LA 43</u>	(2:12) K.Walker left tackle to LA 37 for 6 yards (O.Speights; Q.Lake).	

Two-Minute Warning

2-4-LA 37	(2:00) K.Walker up the middle to LA 40 for -3 yards (O.Speights, T.Reeder). Timeout #2 by SEA at 01:16.	
3-7-LA 40	(1:16) (Shotgun) S.Darnold left end to LA 45 for -5 yards (B.Fiske).	
4-12-LA 45	(:31) M.Dickson punts 38 yards to LA 7, Center-C.Stoll, fair catch by K.Williams. ** Injury Update: SEA-D.Thomas has returned to the game.	

Los Angeles Rams at 0:25

Los Angeles Rams vs Seattle Seahawks at Lumen Field

1-10-LA 7	(:25) (Shotgun) M.Stafford pass deep right to P.Nacua to LA 30 for 23 yards (E.Jones).	P25
1-10-LA 30	(:11) (No Huddle) M.Stafford spiked the ball to stop the clock. Timeout #3 by SEA at 00:10.	
2-10-LA 30	(:10) (Shotgun) M.Stafford pass deep right to P.Nacua to SEA 49 for 21 yards (D.Witherspoon).	P26

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Los Angeles Rams	27	7:49	2	6	0	8	0/2	1/2
Seattle Seahawks	31	7:11	1	3	1	5	1/3	0/0

Miscellaneous Statistics Report

Los Angeles Rams vs Seattle Seahawks
1/25/2026 at Lumen Field

Ten Longest Plays for Los Angeles Rams

Yards	Qtr	Play Start	Play Description
44	1	2-7-LA 30	(9:16) M.Stafford pass deep right to P.Nacua to SEA 26 for 44 yards (D.Witherspoon).
40	3	1-10-LA 25	(11:56) M.Stafford pass deep right to C.Parkinson to SEA 35 for 40 yards (J.Jobbe). FUMBLES (J.Jobbe), ball out of bounds at SEA 35.
35	3	1-10-LA 13	(4:45) M.Stafford pass deep left to D.Adams pushed ob at LA 48 for 35 yards (J.Love).
34	3	1-10-SEA 34	(2:13) M.Stafford pass deep left to P.Nacua for 34 yards, TOUCHDOWN. The Replay Official reviewed the pass completion ruling, and the play was Upheld. The ruling on the field stands.
29	3	2-6-SEA 31	(10:31) (Shotgun) M.Stafford pass deep right to D.Adams to SEA 2 for 29 yards (J.Jobbe).
23	2	2-6-SEA 46	(14:23) (Shotgun) M.Stafford pass short right to D.Adams to SEA 23 for 23 yards (T.Woolen).
23	4	1-10-LA 7	(:25) (Shotgun) M.Stafford pass deep right to P.Nacua to LA 30 for 23 yards (E.Jones).
21	2	1-10-LA 35	(6:47) M.Stafford pass deep right to P.Nacua to SEA 44 for 21 yards (C.Bryant).
21	4	2-10-LA 30	(:10) (Shotgun) M.Stafford pass deep right to P.Nacua to SEA 49 for 21 yards (D.Witherspoon).
19	2	2-10-SEA 44	(5:25) B.Corum left guard pushed ob at SEA 25 for 19 yards (N.Emmanwori).

Ten Longest Plays for Seattle Seahawks

Yards	Qtr	Play Start	Play Description
51	1	3-5-SEA 24	(12:51) (Shotgun) S.Darnold pass deep right to R.Shaheed to LA 25 for 51 yards (D.Williams).
42	2	2-10-SEA 36	(:44) (Shotgun) S.Darnold pass deep middle to J.Smith-Njigba to LA 22 for 42 yards (K.Curl).
17	3	1-10-LA 17	(12:07) S.Darnold pass deep middle to J.Bobo for 17 yards, TOUCHDOWN [K.Turner].
16	1	1-10-LA 25	(12:06) S.Darnold pass short right to J.Smith-Njigba pushed ob at LA 9 for 16 yards (Q.Lake).
16	2	1-10-SEA 35	(12:11) S.Darnold pass short right to J.Smith-Njigba to LA 49 for 16 yards (D.Williams).
15	4	2-6-SEA 10	(4:21) S.Darnold pass short left to K.Walker to SEA 25 for 15 yards (C.Durant).
14	1	1-10-LA 38	(5:27) (Shotgun) S.Darnold pass short right to K.Walker to LA 24 for 14 yards (C.Durant).
14	2	2-14-LA 14	(:25) (Shotgun) S.Darnold pass short left to J.Smith-Njigba for 14 yards, TOUCHDOWN [J.Verse].
14	4	2-5-SEA 42	(15:00) (Shotgun) S.Darnold scrambles left end pushed ob at LA 44 for 14 yards (O.Speights).
14	4	2-10-SEA 35	(3:05) S.Darnold pass short right to J.Smith-Njigba pushed ob at SEA 49 for 14 yards (Q.Lake).

Touchdown Scoring Information

		Offense	Defense	Special Teams
VISITOR	Los Angeles Rams	3	0	0
HOME	Seattle Seahawks	4	0	0

Player Scoring Information

Club	Player	TD	Rush TD	Rec TD	KO TD	Punt TD	Int TD	Fum TD	Misc TD	FG	XP	2Pt Rush	2Pt Rec	Sfty	Points
LA	H.Mevis	0	0	0	0	0	0	0	0	2	3	0	0	0	9
LA	P.Nacua	0	0	1	0	0	0	0	0	0	0	0	0	0	6
LA	D.Adams	0	0	1	0	0	0	0	0	0	0	0	0	0	6
LA	K.Williams	0	0	1	0	0	0	0	0	0	0	0	0	0	6
SEA	J.Myers	0	0	0	0	0	0	0	0	1	4	0	0	0	7
SEA	K.Walker	0	1	0	0	0	0	0	0	0	0	0	0	0	6
SEA	J.Smith-Njigba	0	0	1	0	0	0	0	0	0	0	0	0	0	6
SEA	C.Kupp	0	0	1	0	0	0	0	0	0	0	0	0	0	6
SEA	J.Bobo	0	0	1	0	0	0	0	0	0	0	0	0	0	6

Possession Detail

	First Half		Second Half		Game	
	Visitor	Home	Visitor	Home	Visitor	Home
Largest Lead	3	7	0	11	3	11
Drives Leading	1	2	0	5	1	7
Time of Possession Leading	0:39	10:14	0:00	17:04	0:39	27:18
Largest Deficit	-7	-3	-11	0	-11	-3
Drives Trailing	4	2	4	0	8	2
Time of Possession Trailing	13:08	0:56	12:56	0:00	26:04	0:56
Times Score Tied Up		0		0		0
Lead Changes		3		0		3

Playtime Percentage

Percent of playtime per player on offense, defense and special teams (Unofficial)

Los Angeles Rams						Seattle Seahawks					
		Offense	Defense	Special Teams				Offense	Defense	Special Teams	
A.Jackson	OL	61	100%	5	17%	A.Bradford	G	67	100%	5	17%
C.Shelton	OL	61	100%	5	17%	A.Lucas	T	67	100%	5	17%
K.Dotson	OL	61	100%	5	17%	G.Zabel	G	67	100%	5	17%
S.Avila	OL	61	100%	5	17%	J.Sundell	C	67	100%	5	17%
W.McClendon	OL	61	100%	5	17%	C.Cross	T	67	100%		
M.Stafford	QB	61	100%			S.Darnold	QB	67	100%		
P.Nacua	WR	48	79%			A.Barner	TE	64	96%		
C.Parkinson	TE	47	77%			J.Smith-Njigba	WR	55	82%		
D.Allen	TE	38	62%	12	41%	C.Kupp	WR	52	78%		
D.Adams	WR	37	61%			K.Walker	RB	42	63%		
T.Ferguson	TE	36	59%	6	21%	E.Saubert	TE	38	57%	17	59%
K.Williams	RB	31	51%	2	7%	R.Shaheed	WR	38	57%	8	28%
B.Corum	RB	23	38%			G.Holani	RB	23	34%		
K.Mumpfield	WR	14	23%			J.Bobo	WR	13	19%	19	66%
T.Higbee	TE	12	20%	2	7%	N.Kallerup	TE	7	10%	6	21%
X.Smith	WR	9	15%	6	21%	B.Russell	FB	1	1%	22	76%
R.Rivers	RB	7	11%	8	28%	D.Young	WR	1	1%	19	66%
J.Whittington	WR	3	5%	16	55%	C.Akers	RB	1	1%	2	7%
N.Landman	LB		67 100%	6	21%	E.Jones	LB		61 100%	5	17%
Q.Lake	S		67 100%	5	17%	J.Love	S		61 100%	5	17%
K.Curl	S		65 97%	6	21%	D.Witherspoon	CB		60 98%		
J.Verse	LB		60 90%	5	17%	C.Bryant	S		59 97%		
B.Fiske	DE		53 79%	6	21%	N.Emmanwori	S		58 95%	5	17%
C.Durant	CB		52 78%	5	17%	L.Williams	DT		52 85%	5	17%
B.Young	LB		45 67%			T.Woolen	CB		52 85%		
O.Speights	LB		43 64%	19	66%	D.Lawrence	LB		45 74%	5	17%
K.Kinchens	S		39 58%	6	21%	B.Murphy	DT		37 61%	5	17%
P.Ford	NT		37 55%	6	21%	D.Thomas	LB		36 59%	5	17%
K.Turner	DE		37 55%	5	17%	J.Reed	NT		31 51%	5	17%
T.Davis	DE		29 43%	1	3%	U.Nwosu	LB		30 49%		
D.Williams	CB		28 42%	1	3%	D.Hall	LB		26 43%	5	17%
E.Forbes	CB		25 37%	9	31%	J.Jobbe	CB		24 39%		
R.McCreary	CB		25 37%	5	17%	B.Mafe	LB		20 33%	5	17%
J.Stewart	LB		22 33%	10	34%	T.Knight	LB		11 18%	14	48%
J.McCollough	S		19 28%	19	66%	B.Pili	NT		5 8%		
D.Johnson	DE		13 19%	17	59%	T.Okada	S		2 3%	19	66%
T.Hamilton	DL		9 13%			R.Mills	DE		1 2%		
T.Reeder	LB		2 3%	23	79%	C.O'Toole	LB			24	83%
N.Hampton	LB			19	66%	M.Morris	DE			21	72%
E.Neal	LB			17	59%	P.O'Connell	LB			19	66%
J.Wallace	CB			16	55%	N.Pritchett	CB			18	62%
E.Evans	P			13	45%	J.Myers	K			11	38%
J.McQuaide	LS			7	24%	M.Dickson	P			10	34%
D.Quessenberry	OL			5	17%	C.Stoll	LS			10	34%
H.Mevis	K			5	17%						

J.Dedich	OL	5	17%	M.Richman	T/G	5	17%
				J.Jones	G/T	5	17%