



RASHAAD PENNY

RUNNING BACK | 23



Height: 5-11 Weight: 220 DOB: Feb. 2, 1996 (Age 27)
 NFL Experience: 6th Year (1st with Eagles) Draft: D1-18 (27th overall) by SEA Acquired: FA-Sea-23
 College: San Diego State Hometown (HS): Norwalk, CA (Norwalk)

CAREER STATISTICS

Year	Team	GP/S	RUSHING					RECEIVING					TYS	OFF SNAPS	
			Att	Yds	Avg	Lg	TD	Rec	Yds	Avg	Lg	TD		No	Pct
2018	Seattle	14/0	85	419	4.9	38	2	9	75	8.3	24	0	494	181	17%
2019	Seattle	10/0	65	370	5.7	58t	3	8	83	10.4	30	1	453	150	14%
2020	Seattle	3/0	11	34	3.1	7	0	0	0	---	--	0	34	38	4%
2021	Seattle	10/6	119	749	6.3	62t	6	6	48	8.0	27	0	797	253	26%
2022	Seattle	5/5	57	346	6.1	41t	2	4	16	4.0	6	0	362	170	16%
2023	Philadelphia	3/0	11	33	3.0	7	0	1	5	5.0	5	0	38	31	3%
Totals		45/11	348	1,951	5.6	62t	13	28	227	8.1	30	1	2,178	---	---

PLAYOFFS

2018	Seattle	1/0	4	29	7.3	29	0	0	0	---	--	0	29	5	9%
2023	Philadelphia	0/0	0	0	---	--	0	0	0	---	--	0	0	---	---
Totals		1/0	4	29	7.3	29	0	0	0	---	--	0	29	---	---

ADDITIONAL STATISTICS

Fumbles/Lost: 2/1 - 2019 (1/1), 2022 (1/0) Kickoff Returns: 11-184 - 2018 (8-140), 2019 (3-44) Fumble Recoveries: 2 - 2018 (2)

CAREER HIGHS

Rush Attempts	25	1/2/22 vs. Det.
Rushing Yards	190	1/9/22 at Ari.
Rushing Long	62t	1/9/22 at Ari.
Rushing TDs	2	3x, last: 1/2/22 vs. Det.
Receptions	4	2x, last: 12/2/19 vs. Min.
Receiving Yards	35	9/9/18 at Den.
Receiving Long	30	10/3/19 vs. LAR
Receiving TDs	1	12/2/19 vs. Min.
Scrimmage Yards	190	1/9/22 at Ari.
Scrimmage TDs	2	4x, last: 10/2/22 at Det.

BIRDSEED

- ▶ Is the younger brother of **Elijhaa Penny**, who spent six seasons in the NFL with the Cardinals (2016-18) and Giants (2018-21)
- ▶ Founded the Two Cents Family Foundation with Elijhaa in 2018 ... The family-run non-profit organization provides recreational experiences and educational resources to children in Norwalk, CA ... It also offers free football clinics that teach young athletes about sportsmanship, teamwork and hard work while incorporating mentorship
- ▶ Has supported autism awareness through the league's *My Cause My Cleats* initiative ... His younger cousin was diagnosed with autism at a young age and serves as an inspiration to Rashaad

CAREER HIGHLIGHTS

- ▶ Finished his five-year career in Seattle (2018-22) with the highest rushing average (5.7) in franchise history (min. 300 attempts)
- ▶ Ranked 1st in the NFL with 6.3 yards per carry in 2021, marking the best rushing average in Seahawks single-season history ... Totaled a career-high 749 yards on 119 attempts with 6 TDs

NOTES TO KNOW

- ▶ Leads all league RBs in yards per carry (6.0) since 2021 (min. 150 attempts) ... Also is tied with **Breece Hall** for most 30+ yard rushing TDs (5) in that span

2023 SEASON - EAGLES

- ▶ Appeared in 3 contests during the 2023 season, totaling 33 yards on 11 carries (3.0 avg)

2022 SEASON - SEAHAWKS





2023 GAME-BY-GAME STATISTICS (PHI)

Date	Opp	GP/S	RUSHING					RECEIVING					OFF SNAPS			
			Att	Yds	Avg	Lg	TD	Rec	Yds	Avg	Lg	TD	TYS	No	Pct	
Sep 10	at NE	W	0/0	INACTIVE												
Sep 14	Min	W	1/0	3	9	3.0	6	0	1	5	5.0	5	0	14	9	12%
Sep 25	at TB	W	DID NOT PLAY													
Oct 1	Was	W	0/0	INACTIVE												
Oct 8	at LAR	W	0/0	INACTIVE												
Oct 15	at NYJ	L	0/0	INACTIVE												
Oct 22	Mia	W	0/0	INACTIVE												
Oct 29	at Was	W	0/0	INACTIVE												
Nov 5	Dal	W	1/0	2	8	4.0	6	0	0	0	---	--	0	8	2	3%
Nov 20	at KC	W	0/0	INACTIVE												
Nov 26	Buf	W	0/0	INACTIVE												
Dec 3	SF	L	0/0	INACTIVE												
Dec 10	at Dal	L	0/0	INACTIVE												
Dec 18	at Sea	L	0/0	INACTIVE												
Dec 25	NYG	W	0/0	INACTIVE												
Dec 31	Ari	L	DID NOT PLAY													
Jan 7	at NYG	L	1/0	6	16	2.7	7	0	0	0	---	--	0	16	20	31%
Totals			3/0	11	33	3.0	7	0	1	5	5.0	5	0	38	31	3%

PLAYOFFS

Jan 15	at TB	L	0/0	INACTIVE												
Totals			0/0	0	0	---	--	0	0	0	---	--	0	0	---	---



MOST RUSHING YARDS

Date	Opponent	Yds
1/9/22	at Arizona Cardinals (W, 38-30)	190
1/2/22	vs. Detroit Lions (W, 51-29)	170
10/2/22	at Detroit Lions (W, 48-45)	151
12/12/21	at Houston Texans (W, 33-13)	137
12/26/21	vs. Chicago Bears (L, 24-25)	135

MULTI-TOUCHDOWN GAMES

Date	Opponent	Rush	Rec	Total
10/2/22	at Detroit Lions (W, 48-45)	2	0	2
1/2/22	vs. Detroit Lions (W, 51-29)	2	0	2
12/12/21	at Houston Texans (W, 33-13)	2	0	2
12/2/19	vs. Minnesota Vikings (W, 37-30)	1	1	2

- ▶ Started all five games he appeared in and rushed for 346 yards and 2 TDs on 57 carries (6.1 avg.) ... Before his season-ending injury, ranked 2nd in the NFL in rushing average (6.1) through Week 5

COLLEGE HIGHLIGHTS

- ▶ Played collegiately at San Diego State (2014-17), where he rushed for 3,633 yards and 38 TDs on 488 carries (7.5 avg.) ... Also hauled in 42 passes for 479 yards (11.4 avg.) and 6 TDs ... Totaled 7 kickoff return TDs, which tied for the most all-time in NCAA FBS history
- ▶ Finished 5th in the Heisman Trophy voting as a senior in 2017 after posting 2,248 rushing yards and 23 TDs on 289 attempts (7.8 avg.) ...

Nickname: "Shaad" ... Hobbies: Bowling. "I'm cold at bowling." Also enjoys playing video games like *NBA 2K* and *Call of Duty* ... If he could play another sport: Would play first base for the Dodgers ... If he could witness any sports moment: Would watch Kobe score 81 points ... Favorite TV show: *Martin* ... Favorite artist: Future



Tabbed as a first-team All-American by the *Associated Press*

TRANSACTIONS

- ▶ **2018** - Drafted by SEA in 1st round (27th overall) ... **12/14/19** - Placed on Reserve/Injured ... **9/5/20** - Placed on Reserve/Physically Unable to Perform ... **12/19/20** - Activated from Reserve/Physically Unable to Perform ... **10/2/21** - Placed on Reserve/Injured ... **10/25/21** - Activated from Reserve/Injured ... **3/21/22** - Signed by SEA to 1-year contract extension ... **10/14/22** - Placed on Reserve/Injured ... **3/15/23** - Agreed to terms with PHI on 1-year contract

