

RIQ WOOLEN

CORNERBACK | 2

(pronounced REEK)

Height: 6-4 **Weight:** 210 **DOB:** May 2, 1999 (Age 27)
NFL Experience: 5th Year *(1st with Eagles)* **Draft:** D5a-22 (153rd overall) by SEA **Acquired:** FA-Sea-26
College: Texas-San Antonio **Hometown (HS):** Fort Worth, TX (Arlington Heights)

SUPER BOWL CHAMPION: 2025 (LX) PRO BOWL: 2022 ALL-ROOKIE: 2022

CAREER STATISTICS

			TACKLES				PASS RUSH			INTERCEPTIONS					FUMBLES		DEF SNAPS	
Year	Team	GP/S	Total	Solo	Asst	TFL	Sacks	QBH	QBP	Int	Yds	Lg	TD	PD	FF	FR	No	Pct
2022	Seattle	17/17	63	46	17	1	0.0	0	0	6	47	40t	1	16	0	3	1,134	98%
2023	Seattle	16/15	53	42	11	1	0.0	0	1	2	0	0	0	11	0	2	939	79%
2024	Seattle	15/14	46	32	14	0	0.0	0	2	3	11	7	0	14	1	0	890	79%
2025	Seattle	16/7	41	33	8	1	0.0	1	1	1	30	30	0	12	0	0	817	73%
2026	Philadelphia	8/8	30	23	7	0	0.0	0	1	0	0	--	0	6	1	0	550	99%
Totals		**72/61**	**233**	**176**	**57**	**3**	**0.0**	**1**	**5**	**12**	**88**	**40t**	**1**	**59**	**2**	**5**	**---**	**---**
PLAYOFFS																		
2022	Seattle	1/1	3	3	0	0	0.0	0	0	0	0	--	0	1	0	0	65	100%
2025	Seattle	3/0	8	6	2	0	0.0	0	0	0	0	--	0	4	0	0	145	76%
Totals		**4/1**	**11**	**9**	**2**	**0**	**0.0**	**0**	**0**	**0**	**0**	**--**	**0**	**5**	**0**	**0**	**---**	**---**

CAREER HIGHS

Tackles	8	2x, last: 12/8/24 at Ari.
Sacks	--	---
INTs	1	12x, last: 11/30/25 vs. Min.
PDs	3	2x, last: 12/22/24 vs. Min.
FFs	1	2x, last: 10/18/26 vs. Car.
FRs	1	5x, last: 12/10/23 at SF

Nicknames: Riq, RiqtheFreak ... Bucket list: Travel to Ibiza ... Hobbies: Hangout with friends, play video games and watch TV ... If he could play another sport: Would play in NBA for the Spurs ... Welcome to NFL moment: Recording one of his first NFL tackles against Denver and seeing his teammates get hype ... If he could witness any sports moment: Wilt Chamberlain's 100-point game ... Favorite movie: *Beverly Hills Cop* ... Favorite artists: Future, Young Thug, Gunna, Lil Uzi



BIRDSEED

- Represented the Center for Transforming Lives through the NFL's *My Cause My Cleats* initiative during his time in Seattle ... The center aids single mothers and children by providing essential services like housing, counseling and early childhood education
- Was a three-sport athlete out of Arlington Heights (TX) High school, playing football, basketball and running track
- Posted an impressive combine performance in 2022, running a 4.26-second 40-yard dash and leaping a 42-inch vertical

CAREER HIGHLIGHTS

- Was a member of Seattle's Super Bowl LX-winning defense in 2025 ... Recorded his fourth consecutive season with 10+ PDs, becoming one of only three players in the NFL since 2022 with four straight seasons of 10+ PDs
- Earned Pro Bowl and *PFWA* All-Rookie team honors in 2022 after recording 16 PDs, a league-high-tying 6 INTs and 3 FRs ... His 6 INTs were the most by a rookie in Seahawks history and he became the first defensive Seahawks rookie to earn a Pro Bowl nod since 2005

NOTES TO KNOW

- Since entering the league in 2022, his 59 passes defensed trail only **Denzel Ward** (62) for the most in the league during this span

2026 SEASON - EAGLES

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2025 SEASON - SEAHAWKS

- Played in 16 games (seven starts), registering 41 tackles (33 solo), 12 PDs, 1 INT and 1 TFL en route to helping Seattle win Super Bowl LX ... Helped Seattle bolster one of the NFL's top defenses and record a league-leading 107 passes defended (including playoffs)

2026 GAME-BY-GAME STATISTICS (PHI)												
Date	**Opp**		**GP/S**	**Tot**	**Solo**	**Sk**	**Int**	**PD**	**FF**	**FR**	**Snaps**	**Pct**
Sep 13	Was	W	1/1	1	1	0.0	0	0	0	0	70	100%
Sep 20	at Ten	W	1/1	3	3	0.0	0	1	0	0	51	96%
Sep 28	at Chi	L	1/1	5	3	0.0	0	0	0	0	71	99%
Oct 4	LAR	L	1/1	7	6	0.0	0	1	0	0	84	100%
Oct 11	at Jax	L	1/1	6	3	0.0	0	1	0	0	72	100%
Oct 18	Car	L	1/1	2	2	0.0	0	1	1	0	77	97%
Oct 26	Dal	L	1/1	3	2	0.0	0	2	0	0	67	99%
Nov 1	at Was	L	1/1	3	3	0.0	0	0	0	0	58	97%
Nov 8	NYG											
Nov 22	Pit											
Nov 26	at Dal											
Dec 6	at Ari											
Dec 13	Ind											
Dec 19	Sea											
Dec 24	Hou											
Jan 3	at SF											
TBD	at NYG											
Totals			**8/8**	**30**	**23**	**0.0**	**0**	**6**	**1**	**0**	**550**	**99%**



COLLEGE HIGHLIGHTS

- Attended Texas-San Antonio (2018-21), where he began his career at WR, playing in 20 games before making the switch to CB late in the 2019 season ... Appeared in 41 contests (22 starts), totaling 62 tackles, 9 PDs and 2 INTs while posting 263 yards on 24 catches (10.9 avg.) with 1 TD ... Earned honorable mention All-C-USA honors as a senior in 2021, helping the Roadrunners win the 2021 C-USA Championship Game

TRANSACTIONS

- **2022**- Drafted by SEA in 5th round (153rd overall) ... **3/11/26** - Agreed to terms with PHI on 1-year contract