2026 NFL GAME DAY SHEET

LA AT WAS - FULL-COLOR EDITION

Sunday, Nov 8, 2026 | 1:00 PM ET / 10:00 AM PT | Northwest Stadium

Los Angeles Rams

Rank 16 | 2026 record 4-4 | Moneyline -245

HEAD COACH	OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR
Sean McVay	Nate Scheelhaase	Chris Shula

2026 staff from the MyFootballToolbox Coaches database

TEAM OUTLOOK

The Rams have an opportunity to keep building without treating improvement as settled. Washington requires another disciplined road performance. Their offense should aim for repeatable gains while the defense avoids letting an early advantage become a reason to relax coverage. Latest completed result: 24-9 against LAC. Week 9: at WAS. Check final availability before kickoff; absence from an injury list does not establish health.

Veteran additions include Alex Bachman, Grant Stuard, Jaylen Watson, Trent McDuffie. 2026 draft additions include Ty Simpson, Max Klare, Keagen Trost, CJ Daniels.

RECENT GAMES - 2026 REGULAR SEASON

W4: W 24-20 @ PHI
W5: L 34-37 vs BUF
W6: L 16-18 vs ARI
W7: W 35-21 @ LV
W8: W 24-9 vs LAC

KEY PLAYERS - 2026 STATS

#12 Puka Nacua (WR)
ADP 4 / WR#2 | 56 rec, 565 yds, 3 TD

#23 Kyren Williams (RB)
ADP 32 / RB#16 | 548 rush, 242 rec yds, 7 TD

#24 Blake Corum (RB)
ADP 112 / RB#40 | 389 rush, 99 rec yds, 4 TD

#9 Matthew Stafford (QB)
ADP 115 / QB#15 | 2,146 pass yds, 15 TD, 18 rush yds

#89 Tyler Higbee (TE)
ADP 331 / TE#47 | 27 rec, 274 yds, 1 TD

#86 Max Klare (TE)
ADP 332 / TE#48 | No statistics in selected season snapshot

#6 CJ Daniels (WR)
ADP 608 / WR#207 | No statistics in selected season snapshot

#37 Quentin Lake (DB)
56 tackles, 0 sacks, 3 INT

ACTIVE ROSTER - 48 PLAYERS

# 9 Matthew Stafford QB	#65 Coleman Shelton OL	#48 Omar Speights LB
#13 Stetson Bennett QB	#68 David Quessenberry OL	#56 Shaun Dolac LB
#24 Blake Corum RB	#63 Dylan McMahon OL	#47 Wesley Bailey LB
#33 Dean Connors RB	#69 Kevin Dotson OL	# 1 Emmanuel Forbes DB
#23 Kyren Williams RB	#73 Steve Avila OL	# 2 Jaylen McCollough DB
#11 Alex Bachman WR	#71 Warren McClendon Jr. OL	#35 Jaylen Watson DB
# 6 CJ Daniels WR	#99 Aaron Donald DL	#30 Josh Wallace DB
#88 Jordan Whittington WR	#55 Braden Fiske DL	# 3 Kam Curl DB
# 4 Konata Mumpfield WR	#52 Larrell Murchison DL	# 5 Kamren Kinchens DB
#12 Puka Nacua WR	#57 Ty Hamilton DL	#36 Maximus Pulley DB
# 8 Tutu Atwell WR	#90 Tyler Davis DL	#37 Quentin Lake DB
#87 Davis Allen TE	# 0 Byron Young LB	#22 Trent McDuffie DB
#86 Max Klare TE	#59 Darryl Peterson III LB	#19 Brandon McManus K
#89 Tyler Higbee TE	#44 Grant Stuard LB	#16 Joshua Karty K
#77 Alaric Jackson OL	#10 Josaiah Stewart LB	#42 Ethan Evans P
#50 Beaux Limmer OL	#53 Nate Landman LB	#43 Jake McQuaide LS

Washington Commanders

Rank 25 | 2026 record 2-4-1 | Moneyline +200

HEAD COACH	OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR
Dan Quinn	David Blough	Daronte Jones

2026 staff from the MyFootballToolbox Coaches database

TEAM OUTLOOK

Washington has an opportunity to build from a divisional result while adapting its receiving distribution. The Rams present a different defensive challenge. Managers should look for repeated routes and targets before treating an emerging option as a settled weekly fantasy starter. Latest completed result: 27-10 against PHI. Week 9: vs. LA. Check final availability before kickoff; absence from an injury list does not establish health.

Veteran additions include Rachaad White, Dyami Brown, Stefon Diggs, Treylon Burks. 2026 draft additions include Sonny Styles, Antonio Williams, Joshua Josephs, Kaytron Allen.

RECENT GAMES - 2026 REGULAR SEASON

W3: W 33-31 vs SEA
W4: L 13-30 vs IND
W5: L 27-27 vs NYG
W6: L 17-23 @ SF
W8: W 27-10 vs PHI

KEY PLAYERS - 2026 STATS

#5 Jayden Daniels (QB)
ADP 57 / QB#3 | 976 pass yds, 6 TD, 236 rush yds

#3 Stefon Diggs (WR)
ADP 88 / WR#38 | 27 rec, 252 yds, 5 TD

#1 Rachaad White (RB)
ADP 100 / RB#36 | 200 rush, 88 rec yds, 3 TD

#14 Antonio Williams (WR)
ADP 252 / WR#91 | 23 rec, 259 yds, 1 TD

#8 Marcus Mariota (QB)
ADP 341 / QB#47 | 340 pass yds, 4 TD, 49 rush yds

#6 Dyami Brown (WR)
ADP 376 / WR#112 | 9 rec, 94 yds, 0 TD

#52 Sonny Styles (LB)
52 tackles, 1 sacks, 1 INT

ACTIVE ROSTER - 48 PLAYERS

# 5 Jayden Daniels QB	#74 Brandon Coleman OL	#45 K'Lavon Chaisson LB
# 8 Marcus Mariota QB	#75 Chris Paul OL	#56 Kain Medrano LB
#30 Austin Ekeler RB	#72 Josh Conerly Jr. OL	#98 Odafe Oweh LB
#26 Jeremy McNichols RB	#63 Lucas Patrick OL	#52 Sonny Styles LB
# 1 Rachaad White RB	#66 Matt Gulbin OL	# 2 Amik Robertson DB
#14 Antonio Williams WR	#67 Nick Allegretti OL	#39 Jeremy Reaves DB
# 6 Dyami Brown WR	#76 Sam Cosmi OL	# 0 Mike Sainristil DB
#11 Luke McCaffrey WR	#55 Byron Cowart DL	#25 Nick Cross DB
# 3 Stefon Diggs WR	#90 Charles Omenihu DL	#35 Percy Butler DB
#13 Treylon Burks WR	#91 Deatrich Wise DL	#20 Quan Martin DB
#12 Van Jefferson WR	#96 Shy Tuttle DL	#29 Rasul Douglas DB
#82 Ben Sinnott TE	#97 Tim Settle DL	#23 Trey Amos DB
#85 Chig Okonkwo TE	#92 Dorance Armstrong LB	#18 Tyler Owens DB
#80 Colson Yankoff TE	# 4 Frankie Luvu LB	#19 Drew Stevens K
#87 John Bates TE	#58 Jordan Magee LB	#10 Tress Way P
#71 Andrew Wylie OL	#48 Joshua Josephs LB	#69 Tyler Ott LS