

PRESS RELEASE

For Immediate Release
March 12, 2026

COMMANDERS SIGN DT TIM SETTLE JR.

LOUDOUN COUNTY, Va. – The Washington Commanders announced today that they have signed defensive tackle Tim Settle Jr. Full terms of the deal were not disclosed.

Settle Jr. (6-3, 313) is entering his ninth NFL season and entered the league with Washington as a fifth-round draft pick (163rd overall) in 2018. Settle has appeared in 124 games with 29 starts and totaled 125 tackles, 15.0 sacks, 30 tackles for loss and 27 quarterback hits.

Last season, Settle started a career high 12 games in his second season with the Houston Texans. He recorded 15 tackles, 1.0 sack and three tackles for loss on the year. In his first seasons with Houston (2024), Settle started in both playoff matchups and matched a career high with 5.0 sacks and set new career highs in tackles for loss (10) and quarterback hits (10).

Settle played the previous two seasons (2022-23) with the Buffalo Bills and played all 17 games for the first time in his career during the 2023 season. He had 33 tackles, 2.0 sacks, four quarterback hits and five tackles for loss across both seasons.

The first four years of Settle's career (2018-2021) were spent in Washington where he played all 16 games as a rookie. He posted his first career start and sack during the 2019 season and recorded 5.0 sacks during the 2020 season which ended in a playoff berth.

A native of Manassas, Virginia, Settle attended Unity Reed High School and played collegiately at Virginia Tech for three seasons (2015-2017). In his senior season, Settle started all 13 games and recorded 12.5 tackles for loss and 4.0 sacks. Settle was ranked as the No. 19 recruit coming out of high school and ranked No. 2 player in the state of Virginia by ESPN Recruiting Nation.