

THE WASHINGTON COMMANDERS

21300 COACH GIBBS DR.
ASHBURN, VA 20147

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PRESS RELEASE

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COMMANDERS SIGN WR VAN JEFFERSON

LOUDOUN COUNTY, Va. – The Washington Commanders announced today that they have signed wide receiver Van Jefferson. Full terms of the deal were not disclosed.

Jefferson (6-1, 200) is entering his seventh season after being drafted by the Los Angeles Rams in the second-round (57th overall) in the 2020 NFL Draft. A Super Bowl LVI champion with Los Angeles, Jefferson has appeared in 94 games and recorded 166 receptions, 2,226 receiving yards and 13 receiving touchdowns throughout his career.

Prior to signing with Washington, Jefferson had stints with the Los Angeles Rams, Atlanta Falcons, Pittsburgh Steelers and the Tennessee Titans.

In 2025, Jefferson spent the season with Tennessee and saw action in 16 games, with seven starts, and had 29 receptions for 350 receiving yards and one touchdown. In Week 6 against Las Vegas, Jefferson totaled four receptions and 75 receiving yards, both season-highs.

During the 2024 season, Jefferson played in all 17 games with 12 starts and totaled 24 receptions for 276 yards and two touchdowns with the Pittsburgh Steelers.

He spent the 2023 season with both the Los Angeles Rams and the Atlanta Falcons. While with the Rams, he saw action in five games with four starts, totaling eight receptions for 108 yards and one carry for four yards. For the Falcons, he played in 12 games, starting in five, totaling 12 receptions for 101 yards.

From 2020-2022, Jefferson appeared in 44 games and caught 93 passes for 1,391 receiving yards and 10 touchdowns for the Los Angeles Rams. In 2021, he had a career high of 50 receptions and six touchdowns.

Jefferson has played in seven postseason games throughout his career recording 17 receptions for 185 yards and two touchdowns along with one carry for 15 yards.

Jefferson, a Brentwood, Tennessee native, attended Ravenwood High School and played collegiately at the Ole Miss from 2016-17 and the University of Florida from 2018-2019. While at Ole Miss, Jefferson played in 22 games with 91 receptions for 999 yards and four touchdowns along with five carries for 40 yards. In Florida, he played in 26 games with 84 receptions for 1,160 yards and 12 touchdowns.

– Washington Commanders est. 1932 –