

PRESS RELEASE

For Immediate Release

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COMMANDERS RE-SIGN RB JEREMY McNICHOLS

LOUDOUN COUNTY, Va. – The Washington Commanders announced today that they have re-signed running back Jeremy McNichols. The full terms of the deal were not disclosed.

McNichols, (5-9, 205) is a eight-year NFL veteran who entered the league with the Tampa Bay Buccaneers as a fifth-round pick (162nd overall) in 2017.

He has appeared in 71 games and has recorded 189 carries for 846 yards with six rushing touchdowns along with 74 receptions for 518 yards and a touchdown reception in his career. He had stints with San Francisco (2017), Indianapolis (2018), Jacksonville (2019), Tennessee (2020-21), and a second stint with San Francisco in 2023 before joining Washington in 2024.

Last season, McNichols played in all 17 games, starting in one and had 44 carries for 221 yards and one touchdown as well as 25 receptions for 196 yards. During Week 3 against the Las Vegas Raiders, McNichols rushed for a career-long 60-yard touchdown.

In 2024, McNichols appeared in all 17 games, starting in one and recorded 55 carries for 261 yards and four touchdowns along with nine receptions for 27 yards. He also recorded a touchdown during Washington's NFC Divisional Round game against the Detroit Lions.

In 2023, McNichols saw action in three games and contributed on special teams with the 49ers. From 2020-21, he would appear in 30 games and provide depth for the Titans along with assisting on special teams.

McNichols spent his first three season with Tampa Bay, San Francisco, Indianapolis, and Jacksonville where he would spend the majority of his tenure serving on the practice squad.

McNichols played collegiately at Boise State from 2014-16 where he played 34 games and recorded 250 receptions for 2,753 yards and 22 touchdowns along with 79 carries for 551 yards

and two touchdowns. He left as the program's all-time leader in receptions and finished with a career-high 93 receptions as a senior in 2018.

A native of Long Beach, Ca., McNichols attended Santa Margarita Catholic High School where he was a three-star recruit who totaled 173 carries for 877 yards and nine touchdowns, and 72 receptions for 934 yards and 10 touchdowns.

– Washington Commanders est. 1932 –