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T.J. TAMPA JR.

COLLEGE: IOWA STATE

AGE: 23 HOMETOWN: ST PETERSBURG, FL

EXP. (NFL/RAVENS): 2/2 GP/GS (PLAYOFFS): 24/1 (2/0)



— KEY TRANSACTIONS —

- Activated from Injured Reserve on 12/19/24
- Designated to return from Injured Reserve on 11/28/24
- Placed on Injured Reserve (ankle) on 10/26/24
- Passed his physical and was removed from PUP on 8/12/24
- Declared Physically Unable to Perform (PUP) on 7/15/24
- T.J. Tampa was selected by the Ravens in the fourth round (130th overall) of the 2024 NFL Draft...Was the Ravens' second pick in the round, following WR Devontez Walker (113th)

— CAREER HIGHLIGHTS —

- Played all 17 games (one start) in 2025, logging 12 tackles (7 solo), 1 INT and a team-high 17 ST tackles (14 solo)...Helped Baltimore's defense rank No. 5 in goal-to-go defense (64.7%) and No. 6 in red zone TD efficiency (50.8%)
- Appeared in seven games, primarily on special teams, during his 2024 rookie season, posting 2 tackles (1 solo), while adding 2 ST tackles

— PERSONAL —

- Given birth name is Marques Jr....Nickname, T.J., is short for Tampa Jr.
- Grew up in Atlanta, GA, playing multiple sports throughout his childhood, including basketball and football
- Father (Marques Sr.) was a standout basketball player at Barry University in the 1990s, leading the team in scoring and steals...Older sister (Nichel) played college basketball at Western Kentucky and Barry University

- Garnered recruiting interest on the basketball court, too, receiving an offer from James Madison
- Was initially recruited as a WR but focused on defense after a delayed flight forced him to stay at Iowa State an extra day and work out with the DBs
- Georgia head coach Kirby Smart made a late push to sign him after a standout performance in a football camp...Committed to the Cyclones over other programs, as well, including Cincinnati, Maryland, Rutgers, South Florida, Syracuse and Wake Forest
- Majored in communications studies at Iowa State

— 2025 SEASON HIGHLIGHTS —

- Played all 17 games (one start), logging 12 tackles (7 solo), 1 INT and a team-high 17 ST tackles (14 solo)...Helped Baltimore's defense rank No. 5 in goal-to-go defense (64.7%) and No. 6 in red zone TD efficiency (50.8%)
- Recorded 2 special teams tackles and his first-career INT in the 23-10 victory vs. NYJ (11/23)
- Posted a career-best 6 tackles (3 solo) in his first-career start vs. Hou. (10/5)
- Registered his first-career PD on fourth-quarter fourth down in the 41-17 victory vs. Cle. (9/14)...Baltimore's defense limited the Browns to 4.2 yards per pass play

T.J. TAMPA JR.'S NFL REGULAR SEASON DEFENSIVE STATISTICS																											
		TACKLES										INTERCEPTIONS						FUMBLES				ST				MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Ravens	7	0	2	1	1	0	0	0	0.0	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0
2025	Ravens	17	1	12	7	5	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	17	14	3	0	0	0	0
NFL TOTALS		24	1	14	8	6	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	19	14	5	0	0	0	0

T.J. TAMPA JR.'S NFL POSTSEASON DEFENSIVE STATISTICS																											
		TACKLES										INTERCEPTIONS						FUMBLES				ST				MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Ravens	2	0	0	0	0	0	0	0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
NFL TOTALS		2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0

T.J. TAMPA JR.'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles
Solo Tackles
Passes Defensed

6 vs. Houston Texans, Oct 05, 2025
3 vs. Houston Texans, Oct 05, 2025
1 vs. New York Jets, Nov 23, 2025
...1 more at 1.

Interceptions
Special Teams Tackles

1 vs. New York Jets, Nov 23, 2025
3 at Green Bay Packers, Dec 27, 2025