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T.J. TAMPA JR.

COLLEGE: IOWA STATE

AGE: 24 HOMETOWN: ST PETERSBURG, FL

EXP. (NFL/RAVENS): 3/3 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: (BALTIMORE RAVENS – 17/1)

- 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

2024: (BALTIMORE RAVENS – 7/0, 2/0)

- Appeared in seven games, primarily on special teams, during his rookie season, posting 2 tackles (1 solo), while adding 2 ST tackles
- Recorded 1 total tackle in his NFL debut, the 35-10 win vs. Buf. (9/29)...Baltimore's defense held Buffalo to a season-low 236 total yards (81 rushing & 155 passing) and 3-of-13 (23.1%) on third down

— COLLEGE —

- Played in 46 games (29 starts) over four seasons (2020-23) at Iowa State, producing 107 tackles (83 solo), 9.5 TFL, 3 INTs, 19 PD and 1 FF
- College honors included: *AP* third-team All-American (2023); *AP* first-team All-Big 12 (2023); honorable mention All-Big 12 Defensive Player of the Year (2023); Jim Thorpe Award Semifinalist (2023), awarded to college football's top DB; Chuck Bednarik Award Semifinalist (2023), presented annually to the defensive player of the year in college football as judged by the Maxwell Football Club
- Posted a career-high 44 tackles (33 solo), while also adding 3 TFL, 2 INTs and 7 PD, as a 12-game starter during his senior (2023) at Iowa State...Anchored the back end of an Iowa State defense that ranked No. 12 nationally in opponent completion percentage (55.8%)...Was named an *AP* third-team All-American and first-team All-Big 12 performer...Earned honorable mention All-Big 12 Defensive Player of the Year recognition and was a semifinalist for both the Jim Thorpe Award (nation's top DB) and Chuck Bednarik Award (nation's top defensive player)
- Started all 12 games he played as a junior (2022), posting 40 tackles (30 solo), 1 INT and 1 FF, posting career highs in TFL (5) and PD (9), for an Iowa State defense that ranked fourth overall (285.6 ypg) and 10th against the pass (178.3 ypg)
- Appeared in 13 games (five starts) as a junior with the Cyclones in 2021, posting 18 tackles (7 solo), a half-TFL and 3 PD for the nation's No. 9 total defense (310.7 ypg) and No. 11 pass defense (187.8 ypg)
- Played in nine games as a true freshman at Iowa State in 2020, tallying 5 tackles (3 solo) and 1 TFL, while adding special teams contributions...The Cyclones finished 9-3, the best record in the Big 12, played in the Big 12 Championship for the first time in program history and earned a victory in the Fiesta Bowl

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— HIGH SCHOOL —

- Graduated from Lakewood (St. Petersburg, FL) HS in 2020 after transferring from St. Francis (Alpharetta, GA) HS midway through his sophomore year (2017)
- Starred at WR and DB, as well as on the basketball court

- As a senior in 2019, finished with 30 receptions for 554 yards and 9 TDs, earning All-County and All-Conference honors for the second-straight season...Led a Spartans squad that advanced to the state semifinals...Also received honors as an All-County basketball player for the second-straight year after averaging 10.5 ppg and leading the Spartans to the conference championship...Named 2020 Pinellas County Athlete of the Year
- Posted 37 catches for 769 yards and 6 TDs, adding 32 tackles, 9 TFL, 4 sacks, 1 pick-6 and 1 FR-TD, at Lakewood HS in 2018...Earned All-County and All-Conference honors

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	0	2	0	2	0	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	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	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	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

