

NFL Rushing Statistics — 2025 Season

Denver Broncos: #1 Offense (162.2 ypg), #2 Defense (85.6 ypg allowed) = Dominant both ways, elite overall team quality

OFFENSIVE RUSHING

Tier 1: 1: ELITE RUSHING OFFENSES (Top 10)

Denver: 162.2 ypg, 4.92 yds/att (efficiency), 33.0 att/gm = Dominant ground game, high volume + efficiency

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
DEN	<1>	162.2	<1>	4.92	<3>	33.0	330-1622
PIT	<2>	147.2	<4>	4.41	<2>	33.4	334-1472
WAS	<3>	141.4	<3>	4.50	<5>	31.4	314-1414
BUF	<4>	135.4	<19>	3.65	<1>	37.1	371-1354
LV	<5>	130.0	<2>	4.85	<19>	26.8	268-1300
HOU	<6>	122.8	<8>	4.21	<13>	29.2	292-1228
PHI	<7>	119.3	<12>	3.94	<7>	30.3	303-1193
KC	<8>	117.8	<11>	3.95	<10>	29.8	298-1178
SF	<9>	115.7	<10>	4.00	<15>	28.9	289-1157
CAR	<10>	113.9	<21>	3.56	<4>	32.0	320-1139

Tier 2: 2: STRONG RUSHING OFFENSES (11-20)

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
CHI	<10>	113.9	<17>	3.75	<6>	30.4	304-1139
SEA	<12>	113.3	<7>	4.34	<24>	26.1	261-1133
GB	<13>	111.7	<16>	3.79	<11>	29.5	295-1117
NYJ	<14>	107.7	<13>	3.92	<17>	27.5	275-1077
BAL	<15>	106.8	<9>	4.17	<26>	25.6	256-1068
DET	<16>	105.8	<4>	4.41	<27>	24.0	240-1058
CIN	<17>	105.3	<22>	3.49	<8>	30.2	302-1053
JAX	<18>	103.4	<14>	3.89	<20>	26.6	266-1034
LAR	<19>	101.2	<18>	3.72	<18>	27.2	272-1012
MIA	<19>	101.2	<25>	3.43	<11>	29.5	295-1012

Tier 3: 3: AVERAGE RUSHING OFFENSES (21-30)

New Orleans: 79.8 ypg, 3.45 yds/att, only 23.1 att/gm = Low volume, low efficiency, weak ground attack

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
NYG	<21>	99.1	<28>	3.28	<8>	30.2	302-991
DAL	<22>	98.9	<27>	3.41	<14>	29.0	290-989
ARI	<23>	98.0	<15>	3.81	<25>	25.7	257-980
NE	<24>	92.6	<23>	3.48	<20>	26.6	266-926
IND	<25>	90.1	<25>	3.43	<23>	26.3	263-901
TB	<26>	89.2	<30>	3.10	<16>	28.8	288-892
ATL	<27>	88.3	<6>	4.37	<30>	20.2	202-883
MIN	<28>	85.5	<20>	3.59	<28>	23.8	238-855
LAC	<29>	84.5	<29>	3.18	<20>	26.6	266-845
NO	<30>	79.8	<24>	3.45	<29>	23.1	231-798

DEFENSIVE RUSHING

Tier 1: 1: ELITE RUN DEFENSES (Top 10)

Houston: 80.5 ypg allowed, 3.26 yds/att = #1 run defense in the league, elite stopping ability

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
HOU	<1>	80.5	<2>	3.26	<4>	24.7	247-805
DEN	<2>	85.6	<17>	3.89	<1>	22.0	220-856
MIA	<3>	87.4	<11>	3.69	<3>	23.7	237-874
SF	<4>	88.2	<4>	3.46	<5>	25.5	255-882

CAR	<5>	91.8	<19>	3.92	<2>	23.4	234-918
BUF	<6>	91.9	<1>	3.08	<20>	29.8	298-919
DAL	<7>	92.9	<3>	3.37	<14>	27.6	276-929
GB	<8>	93.0	<7>	3.59	<6>	25.9	259-930
PIT	<9>	94.0	<6>	3.57	<8>	26.3	263-940
CHI	<10>	97.3	<12>	3.70	<8>	26.3	263-973

Tier 2: 2: STRONG RUN DEFENSES (11-20)

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
NE	<11>	98.6	<5>	3.52	<16>	28.0	280-986
IND	<12>	99.8	<7>	3.59	<15>	27.8	278-998
PHI	<13>	100.6	<14>	3.75	<10>	26.8	268-1006
LV	<14>	101.7	<9>	3.61	<17>	28.2	282-1017
JAX	<15>	101.8	<13>	3.72	<12>	27.4	274-1018
CIN	<16>	106.7	<16>	3.88	<13>	27.5	275-1067
DET	<17>	108.5	<10>	3.63	<21>	29.9	299-1085
KC	<18>	109.3	<23>	4.08	<10>	26.8	268-1093
LAC	<19>	114.7	<28>	4.43	<6>	25.9	259-1147
NYG	<20>	119.9	<15>	3.82	<25>	31.4	314-1199

Tier 3: 3: WEAK RUN DEFENSES (21-30)

New Orleans: 151.7 ypg allowed, 4.23 yds/att = Catastrophic run defense, opponents gain 5+ yards per carry tendency EFFICIENCY LEADERS (Yards Per Attempt): VOLUME LEADERS (Attempts Per Game):

Tm	RK	YPG	RK	YPA	RK	Att/G	Att-Yds
SEA	<21>	121.8	<17>	3.89	<24>	31.3	313-1218
LAR	<22>	124.4	<20>	4.01	<23>	31.0	310-1244
MIN	<23>	125.7	<26>	4.29	<19>	29.3	293-1257
ARI	<24>	126.8	<20>	4.01	<26>	31.6	316-1268
ATL	<25>	128.9	<30>	4.51	<18>	28.6	286-1289
NYJ	<26>	130.6	<24>	4.13	<26>	31.6	316-1306
BAL	<27>	132.0	<22>	4.07	<29>	32.4	324-1320
TB	<28>	135.2	<29>	4.45	<22>	30.4	304-1352
WAS	<29>	140.7	<27>	4.42	<28>	31.8	318-1407
NO	<30>	151.7	<25>	4.23	<30>	35.9	359-1517