



25

XAVIEN
HOWARD

CORNERBACK // 6-1 // 203 // BAYLOR '16
ACQUIRED: D2, '16
HOMETOWN: HOUSTON, TEXAS // BORN: 7/4/93
NFL: EIGHTH SEASON // DOLPHINS: EIGHTH SEASON


2018, 2020, 2021, 2022


2022, 2023

NFL CAREER

TRANSACTIONS:

- 2nd-round pick (38th overall) by Miami in the 2016 NFL Draft.

CAREER HONORS:

- 2022 Pro Bowl selection.
- No. 56 on the NFL Network Top 100 list in 2022.
- 2021 Pro Bowl selection.
- AFC Defensive Player of the Week (vs. Baltimore, 11/11/21).
- No. 17 on the NFL Network Top 100 list in 2021.
- 2020 1st-team All-Pro.
- 2020 1st-team PFWA All-NFL.
- 2020 1st-team PFWA All-AFC.
- 2020 Pro Bowl selection.
- 2020 Dan Marino Team MVP Award.
- No. 55 on the NFL Network Top 100 list in 2019.
- 2018 Pro Bowl selection.
- 2018 Dan Marino Team MVP Award.
- AFC Defensive Player of the Week (vs. Buffalo, 12/2/18).
- AFC Defensive Player of the Week (vs. New England, 12/11/17).

CAREER HIGHLIGHTS:

- Played in 100 career games with 99 starts.
- 331 tackles (258 solo), 2.0 sacks, 29 interceptions, 95 passes defended, 4 forced fumbles and 5 fumble recoveries; 2 interception returns for TDs; 2 fumble returns for TDs.
- His 29 interceptions since 2017 lead the league:

MOST INTERCEPTIONS (2017-PRESENT)		
PLAYER	TEAM	INT
1. XAVIEN HOWARD	MIA.	29
2. Kevin Byard	Ten./Phi.	28
Justin Simmons	Den.	28
4. J.C. Jackson	LAC/NE	26
5. Tyrann Mathieu	Ari./Hou./KC/NO	24
Quandre Diggs	Det./Sea.	24

- His 29 interceptions are tied for 4th-most in Dolphins history:

MOST INTERCEPTIONS IN DOLPHINS HISTORY		
PLAYER	YEARS	INT
1. Jake Scott	1970-75	35
2. Dick Anderson	1968-77	34
3. Sam Madison	1997-2005	31
4. XAVIEN HOWARD	2016-23	29
Glenn Blackwood	1979-87	29
Patrick Surtain	1992-2004	29

- His 95 career passes defended are 2nd-most in Dolphins history (since records were tracked in 1991):

MOST PASSES DEFENSED IN TEAM HISTORY (SINCE 1991)		
PLAYER	YEARS	PD
1. Sam Madison	1997-2005	104
2. XAVIEN HOWARD	2016-23	95
3. Patrick Surtain	1998-2004	86
4. Jason Taylor	1997-07, '09, '11	84
5. Terrell Buckley	1995-99, 2003	77

- His 10 interceptions in 2020 led the NFL and were the most in a season since 2007 when San Diego CB Antonio Cromartie had 10:

NFL INTERCEPTION LEADERS (2020)				
PLAYER	TEAM	INT	YDS	TD
1. XAVIEN HOWARD	MIAMI	10	77	0
2. J.C. Jackson	New England	9	80	0
3. Tyrann Mathieu	Kansas City	6	70	1
4. Justin Simmons	Denver	5	90	0
Quandre Diggs	Seattle	5	57	0
Harrison Smith	Minnesota	5	33	0

- Intercepted passes in 5 consecutive games (11/15/20-12/13/20), which is tied for the longest streak in Dolphins history.
- Tied for the NFL lead with 7 interceptions in 2018:

NFL INTERCEPTION LEADERS (2018)				
PLAYER	TEAM	INT	YDS	TD
1. XAVIEN HOWARD	MIAMI	7	54	0
Kyle Fuller	Chicago	7	52	0
Damontae Kazee	Atlanta	7	52	0
4. Eddie Jackson	Chicago	6	81	2

- His 7 interceptions in 2018 were tied for 9th in single-season team history.
- His 3 multi-interception games in 2018 is a Dolphins single-season record.

- Became the 4th player and 2nd CB in team history to have multiple years with 7-plus interceptions.
- Became 1st player in Dolphins history to have multiple interceptions in consecutive games when he had two interceptions in games vs. Denver on 12/3/17 and vs. New England on 12/11/17. He did it again at Indianapolis on 11/25/18 and vs. Buffalo on 12/2/18.
- Was 1 of just 4 NFL players to post at least 5 passes defended in a game in the 2017 season when he had 5 passes defended vs. Denver on 12/3/17.
- On 12/11/17 vs. New England, he became 1st player to intercept Patriots QB Tom Brady twice in the same game since Indianapolis' Mike Adams on Nov. 16, 2014.
- Started 2 postseason games.
- Is a 2-time team captain (2022-23).

2023 (MIAMI):

- Started 13 games.
- Inactive for 4 games.
- 45 tackles (36 solo), 1 interception and 12 passes defended.
- Served as a team captain.

AT L.A. CHARGERS (9/10): 6 tackles (5 solo) and 1 pass defended.

AT NEW ENGLAND (9/17): 6 solo tackles, 1 interception and 1 pass defended.

- Intercepted a pass from QB Mac Jones on 1st down in the 3rd quarter at the Miami 3-yard line.

VS. TENNESSEE (12/11): 3 tackles (2 solo) and 3 passes defended.

POSTSEASON:

AFC WILD CARD AT KANSAS CITY (1/13): Inactive.

2022 (MIAMI):

- Started 15 games.
- Inactive for 2 games.
- 45 tackles (35 solo), 1 interception, 12 passes defended and 2 fumble recoveries; 1 fumble return for a TD.
- Served as a team captain.

VS. NEW ENGLAND (9/11): 2 solo tackles and 1 pass defended.

- Deflected a pass from QB Mac Jones in the end zone that was intercepted by S Jevon Holland on New England's first possession.

VS. CLEVELAND (11/13): 4 tackles (1 solo) and 1 fumble recovery.

- Recovered a fumble forced by DT Zach Sieler in the 1st quarter.

VS. HOUSTON (11/27): 1 pass defended and 1 fumble recovery.

- Recovered a fumble forced by S Eric Rowe in the 2nd quarter and returned it 16 yards for his 4th career TD.

AT SAN FRANCISCO (12/4): 3 solo tackles, 1 interception and 2 passes defended.

- Intercepted a pass from QB Brock Purdy on a 4th down in the 2nd half.

POSTSEASON:

AFC WILD CARD AT BUFFALO (1/15): 3 solo tackles, 1 interception and 2 passes defended.

- Intercepted QB Josh Allen in the 2nd quarter

and returned it 49 yards for the 3rd-longest postseason interception return in Dolphins history.

- It was his 2nd career postseason interception.

PRO BOWL:

- Selected to the Pro Bowl for the 4th time in his career.
- Became the 1st Dolphins player selected to a 4th Pro Bowl since Cameron Wake (2010, 2012-14, 2016).
- Became just the 2nd Dolphins cornerback to earn at least 4 Pro Bowl selections, joining Sam Madison (1999-2002).

HONORS:

- No. 56 on the NFL Network Top 100 list.

2021 (MIAMI):

- Started 16 games.
- Inactive for 1 game.
- 50 tackles (39 solo), 1.0 sack, 5 interceptions, 16 passes defended, 2 forced fumbles and 2 fumble recoveries; 1 interception return for a TD; 1 fumble return for a TD.

AT NEW ENGLAND (9/12): 5 tackles (4 solo), 1 forced fumble and 1 fumble recovery.

- Forced a RB Damien Harris fumble inside the 10-yard line and recovered it in the 4th quarter with 3:35 remaining to preserve the win.

VS. BALTIMORE (11/11): 5 solo tackles, 1 forced fumble and 1 fumble recovery; 1 fumble return for a TD.

- Forced a WR Sammy Watkins fumble on 3rd-and-10 in the 4th quarter and returned it 49 yards for a TD.

VS. CAROLINA (11/28): 1 solo tackle, 1 interception and 1 pass defended.

- Intercepted a QB Cam Newton pass intended for WR DJ Moore on 2nd-and-15 in the 2nd quarter.

VS. NEW ENGLAND (1/9): 3 solo tackles, 1 interception and 1 pass defended; 1 interception return for a TD.

- Intercepted a QB Mac Jones pass intended for WR Jakobi Meyers on 3rd-and-1 in the 1st quarter and returned it 37 yards for a TD to extend Miami's lead to 14-0.

PRO BOWL:

- Selected to start the Pro Bowl for the 3rd time in his career.
- Became the 2nd Dolphins cornerback to start 3+ Pro Bowls, joining Sam Madison (1999-2001).

HONORS:

- AFC Defensive Player of the Week (vs. Baltimore, 11/11).
- No. 17 on the NFL Network Top 100 list.

2020 (MIAMI):

- Started all 16 games.
- 51 tackles (40 solo), 10 interceptions, 20 passes defended and 1 forced fumble.
- His 10 interceptions in 2020 tied the single-season franchise record set by CB Dick Westmoreland in 1967 and were the most by an NFL player since 2007 (Antonio Cromartie).

AT SAN FRANCISCO (10/11): 2 tackles (1 solo), 1 interception and 2 passes defended.

- Intercepted a QB Jimmy Garoppolo pass intended for WR Deebo Samuel and returned it 29 yards in the 2nd quarter.

VS. L.A. CHARGERS (11/15): 3 tackles (1 solo), 1 interception and 2 passes defended.

- Intercepted a QB Justin Herbert pass intended for WR Mike Williams in the 4th quarter.

AT N.Y. JETS (11/29): 3 tackles (2 solo), 1 interception and 3 passes defended.

- Intercepted a QB Sam Darnold pass intended for WR Breshad Perriman in the 4th quarter.

PRO BOWL:

- Selected to start the Pro Bowl for the 2nd time in his career.
- Became the 4th Dolphins cornerback to earn multiple Pro Bowl selections, joining Sam Madison (1999-2002), Patrick Surtain (2002-04) and Brent Grimes (2013-15).

HONORS:

- 1st-team All-Pro.
- 1st-team PFWA All-NFL.
- 1st-team PFWA All-AFC.
- Recipient of the Dan Marino Team MVP Award.

2019 (MIAMI):

- Started 5 games.
- Inactive for 2 games.
- Missed the rest of the season after being placed on injured reserve on Oct. 30.
- 17 tackles (12 solo), 1 interception and 4 passes defended.

VS. NEW ENGLAND (9/15): 4 tackles (3 solo) and 1 pass defended.

VS. L.A. CHARGERS (9/29): 5 tackles (4 solo).

AT PITTSBURGH (10/29): 1 solo tackle, 1 interception and 3 passes defended.

- Intercepted QB Mason Rudolph on Pittsburgh's 1st possession.

HONORS:

- No. 55 on the NFL Network Top 100 list.

2018 (MIAMI):

- Started 12 games.
- Inactive for 4 games.
- 35 tackles (25 solo), 7 interceptions, 12 passes defended and 1 fumble recovery.
- Tied for the NFL lead with 7 interceptions.
- His 7 interceptions were tied for 9th in single-season team history.
- Set a Dolphins single-season record with 3 multi-interception games.

VS. OAKLAND (9/23): 1 solo tackle, 2 interceptions and 3 passes defended.

- Intercepted a QB Derek Carr pass intended for WR Amari Cooper in the 1st quarter.
- Picked off QB Derek Carr in the end zone with 2:59 remaining in the game.

AT INDIANAPOLIS (11/25): 5 solo tackles, 2 interceptions and 3 passes defended.

- Intercepted QB Andrew Luck at Miami's 40-yard line with 1:00 remaining in the 2nd quarter.
- Picked off Luck again on the next play at Miami's 13-yard line with 46 seconds remaining in the 1st half.

- Became 1st NFL player with interceptions on back-to-back plays since Broncos S Darian Stewart on Nov. 16, 2016 and 1st Dolphins player to do it since S Mike Kozlowski on Dec. 19, 1981.

VS. BUFFALO (12/2): 4 tackles (3 solo), 2 interceptions and 2 passes defended.

- Intercepted QB Josh Allen in the end zone as time expired in the 2nd quarter.
- Picked off QB Josh Allen again on 3rd-and-10 at Miami's 41-yard line in the 3rd quarter.

PRO BOWL:

- Selected to start the Pro Bowl for the 1st time in his career.
- Extended the team's streak to 21 consecutive seasons with a defensive player selected.
- Became the 4th Dolphins cornerback to earn a Pro Bowl selection, joining Sam Madison (1999-2002), Patrick Surtain (2002-04) and Brent Grimes (2013-15).

HONORS:

- 2nd-team All-Pro.
- PFWA All-AFC cornerback.
- Recipient of the Dan Marino Team MVP Award.
- AFC Defensive Player of the Week (vs. Buffalo, 12/2).

2017 (MIAMI):

- Started all 16 games.
- 48 tackles (42 solo), 1.0 sack, 4 interceptions and 13 passes defended; 1 interception return for a TD.
- His 4 interceptions were tied for 8th in the AFC and 12th in the NFL.

VS. DENVER (12/3): 1 tackle, 2 interceptions and 5 passes defended.

- Intercepted QB Trevor Siemian and returned it 30 yards for a TD in the 2nd quarter.
- Picked off Siemian again in the 4th quarter.
- It was the first 2 regular-season interceptions of his career.
- Was 1 of just 4 NFL players to post at least 5 passes defended in a game in the 2017 season.

VS. NEW ENGLAND (12/11): 2 interceptions.

- Intercepted QB Tom Brady on 3rd-and-10 in the 1st quarter.
- Picked off Brady again on 3rd-and-16 in the 3rd quarter and returned the ball 29 yards.
- Became 1st player in Dolphins history to have multiple interceptions in consecutive games.
- Became 1st player to intercept Brady twice in the same game since Indianapolis' Mike Adams on Nov. 16, 2014.

AT BUFFALO (12/17): 4 solo tackles and 1 sack.

- Sacked QB Tyrod Taylor for a loss of 11 yards in the 3rd quarter, the 1st sack of his career.

HONORS:

- AFC Defensive Player of the Week (vs. New England, 12/11).

2016 (MIAMI):

- Played in 7 games with 6 starts.
- Inactive for 9 games.
- 40 tackles (29 solo), 6 passes defended and 1 forced fumble.

AT SEATTLE (9/11): 11 tackles (6 solo).

- Started in his NFL debut.

COMMUNITY:

2023:

- Co-hosted a double holiday extravaganza event with teammates Terron Armstead and Jerome Baker, gifting bikes to 50 children from local Boys & Girls Clubs and a shopping spree for children from Lotus House and the North Miami Police Athletic League.

2022:

- Co-hosted a Thanksgiving meal distribution with teammate Teddy Bridgewater for 300 families at Bunche Park in Miami Gardens.

2021:

- Sponsored his 2nd annual holiday bike giveaway for youth in the Miami Gardens community.
- Hosted a Thanksgiving meal distribution at the Boys & Girls Club of Broward for 35 South Florida families.

2020:

- Hosted a holiday bike giveaway for 100 Miami Gardens youth.
- Purchased food from Sunday's Eatery in Miami Gardens and distributed meals and masks to community members during the COVID-19 pandemic.

2019:

- In 2019, visited Baptist Hospital to surprise kids with holiday gifts and provided Thanksgiving meals to 20 local families in collaboration with Generational Cure, a local nonprofit dedicated to issues facing today's youth.

2018:

- Hosted a youth football camp in his hometown of Houston in 2018.

2017:

- Cheered on participants at the 7th annual Dolphins Cancer Challenge in February.
- Helped surprise 100 underprivileged children with their own beds from Ashley HomeStore.
- Annually participates in the AARP Foundation Million Meal Pack to pack more than 1 million meals in a single day for the South Florida senior community.
- Helped spearhead a clothing and food drive for Hurricane Harvey victims in his hometown of Houston.

PERSONAL:

- **PRONUNCIATION:** First name is pronounced EX-ay-vee-n.
- **MAJOR:** Health, kinesiology and leisure studies.

- Became 1st Dolphins rookie to start Week 1 at cornerback since Sean Smith (2009).
- His 11 tackles were a season high.

VS. CLEVELAND (9/25): 6 solo tackles, 1 pass defended and 1 forced fumble.

- Forced a fumble from WR Ricardo Lewis in the 3rd quarter.

AT N.Y. JETS (12/17): 3 solo tackles and 3 passes defended.

POSTSEASON:

AFC WILD CARD AT PITTSBURGH (1/8): 5 tackles (3 solo), 1 interception and 2 passes defended.

- Broke up a pass intended for WR Antonio Brown on 3rd-and-10 in the 4th quarter.
- Intercepted QB Ben Roethlisberger on 3rd-and-8 and returned it 11 yards in the 4th quarter.
- Became the 2nd rookie in team history to record an interception in a playoff game (Troy Vincent, 1992).

BEFORE THE NFL

COLLEGE (BAYLOR):

- 3-year letterman (2013-15) and 2-year starter.

CAREER: Played in 39 games with 26 starts; 98 tackles (84 solo), 1.5 sacks, 10 interceptions, 33 passes defended, 1 forced fumble and 1 fumble recovery.

- Part of the most successful 4-year span in school history, winning two conference titles (2013-14), two bowl games and compiling 40 wins.

JUNIOR (2015): Started all 13 games; 42 tackles (37 solo), 5 interceptions, 15 passes defended and 1 fumble recovery.

- His 5 interceptions led the team
- Consensus 1st-team All-Big 12.

SOPHOMORE (2014): Started all 13 games; 51 tackles (42 solo), 1.5 sacks, 4 interceptions and 13 passes defended.

- His 17 passes defended were 2nd in the Big 12 and 11th nationally.
- His 4 interceptions were tied for 3rd in the Big 12.
- Honorable mention All-Big 12.

REDSHIRT FRESHMAN (2013): Played all 13 games; 5 solo tackles, 1 interception, 1 pass defended and 1 forced fumble.

- Redshirted in 2012.

HIGH SCHOOL (WHEATLEY HS – HOUSTON, TEXAS)

- Played defensive back and quarterback.
- Also participated in basketball and ran track.

SENIOR (2011): 32 solo tackles, 9 interceptions and 33 pass breakups.

- Returned 2 interceptions for TDs.
- 1st-team all-state

XAVIEN HOWARD'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	TACKLES					INT	INTERCEPTIONS				PD	FUMBLES	
				TOT	SOLO	ASST	SK	YDS		YDS	LG	TD			FF	FR
2016	MIAMI	7	6	40	29	11	0.0	0.0	0	0	-	0	6		1	0
2017	MIAMI	16	16	48	42	6	1.0	11.0	4	71	30t	1	13		0	0
2018	MIAMI	12	12	35	25	10	0.0	0.0	7	52	39	0	12		0	1
2019	MIAMI	5	5	17	12	5	0.0	0.0	1	0	0	0	4		0	0
2020	MIAMI	16	16	51	40	11	0.0	0.0	10	77	29	0	20		1	0
2021	MIAMI	16	16	50	39	11	1.0	0.0	5	54	37t	1	16		2	2
2022	MIAMI	15	15	45	35	10	0.0	0.0	1	0	0	0	12		0	2
2023	MIAMI	13	13	45	36	9	0.0	0.0	1	0	0	0	12		0	0
NFL TOTALS		100	99	331	258	73	2.0	11.0	29	254	39	2	95		4	5

XAVIEN HOWARD'S NFL PLAYOFF STATS

YEAR	TEAM	GP	GS	TACKLES					INT	INTERCEPTIONS				PD	FUMBLES	
				TOT	SOLO	ASST	SK	YDS		YDS	LG	TD			FF	FR
2016	MIAMI	1	1	5	3	2	0.0	0.0	1	11	11	0	2		0	0
2022	MIAMI	1	1	3	3	0	0.0	0.0	1	49	49	0	2		0	0
PLAYOFF TOTALS		2	2	8	6	2	0.0	0.0	2	60	49	0	4		0	0

ADDITIONAL STATS

Defensive Touchdowns: 30-yard interception return vs. Denver (12/3/17), 49-yard fumble return vs. Baltimore (11/11/21), 37-yard interception return vs. New England (1/9/22), 16-yard fumble return vs. Houston (11/27/22).

SINGLE-GAME CAREER HIGHS

Tackles: 11 at Seattle, 9/11/16
Sacks: 1.0 Twice, last: at New Orleans, 12/27/21
Interceptions: 2 5 times, last: vs. Buffalo, 12/2/18
Passes Defensed: 5 vs. Denver, 12/3/17
Fumble Recoveries: 1 5 times, last: vs. Houston, 11/27/22
Forced Fumbles: 1 4 times, last: vs. Baltimore, 11/11/21