



56

QUINTON BELL

LINEBACKER // 6-4 // 255 // PRAIRIE VIEW A&M '19

ACQUIRED: FA, '23

HOMETOWN: LONG BEACH, CALIF. // BORN: 5/9/96

NFL: THIRD SEASON // DOLPHINS: SECOND SEASON



2020



2020

NFL CAREER

TRANSACTIONS:

- Signed to a reserve/future contract with Miami on Jan. 15, 2024.
- Signed to Miami's practice squad on Oct. 17, 2023.
- Waived by Philadelphia on Aug. 30, 2023.
- Signed by Philadelphia on Aug. 19, 2023.
- Waived by Atlanta on April 14, 2023.
- Signed to a reserve/future contract with Atlanta on Jan. 9, 2023.
- Signed to Atlanta's practice squad on Nov. 8, 2022.
- Waived by Atlanta on Nov. 5, 2022.
- Signed to a reserve/future contract with Atlanta on Jan. 10, 2022.
- Signed to Atlanta's practice squad on Sept. 1, 2021.
- Waived by Tampa Bay on Aug. 22, 2021.
- Signed to a reserve/future contract with Tampa Bay on Feb. 9, 2021.
- Signed to Tampa Bay's practice squad on Oct. 28, 2020.
- Waived by Tampa Bay on Oct. 26, 2020.
- Signed to a reserve/future contract with Tampa Bay on Jan. 7, 2020.
- Signed to Tampa Bay's practice squad on Nov. 6, 2019.
- Waived by Oakland on Oct. 16, 2019.
- Signed to Oakland's practice squad on Sept. 1, 2019.
- Waived by Oakland on Aug. 31, 2019.
- 7th-round pick (230th overall) by Oakland in the 2019 NFL Draft.

CAREER HIGHLIGHTS:

- Played in 27 career games with 3 starts.
- 26 tackles (15 solo), 1.0 sack, 1 pass defended and 1 forced fumble.
- 4 special teams tackles (3 solo).
- Won Super Bowl LV with Tampa Bay.

2024 (MIAMI):

- Played in all 17 games with 3 starts.
- 26 tackles (13 solo), 1.0 sack, 1 pass defended and 1 forced fumble.
- 4 special teams tackles (3 solo).

AT L.A. RAMS (11/11): 2 solo tackles, 1.0 sack and 1 forced fumble.

- Strip-sacked QB Matthew Stafford for a loss of 9 yards on 1st-and-10, which led the Rams to settle for a FG as time expired in the 2nd quarter.
- It was the 1st sack and 1st forced fumble of his career.

VS. LAS VEGAS (11/17): 3 solo tackles and 1 pass defended.

AT GREEN BAY (11/28): 4 solo tackles.

- Made his 1st career start.

AT HOUSTON (12/15): 2 tackles (1 solo); 1 solo special teams tackle.

2023 (MIAMI):

- Played in 1 game with Miami.
- Spent 10 games on Miami's practice squad.
- Spent part of training camp with Philadelphia.

2022 (ATLANTA):

- Played in 4 games.
- Inactive for 5 games.
- Spent 7 games on Atlanta's practice squad.
- 3 tackles (2 solo).

VS. NEW ORLEANS (9/11): 1 assisted tackle.

- Made his Falcons debut.

2021 (ATLANTA):

- Spent the entire season on Atlanta's practice squad.
- Spent the offseason and training camp with Tampa Bay.

2020 (TAMPA BAY):

- Played in 5 games.
- Inactive for 2 games.
- Spent 9 games on Tampa Bay's practice squad.

AT NEW ORLEANS (9/13): Played but did not record stats.

- Made his NFL debut.

2019 (TAMPA BAY):

- Spent 8 games on Tampa Bay's practice squad.
- Spent the offseason and training camp with Oakland.

BEFORE THE NFL

COLLEGE (PRAIRIE VIEW A&M):

- 4-year letterman (2015-18).
- Played wide receiver and defensive end.
- Also ran track and field.
- Transferred from Riverside City College where he ran track.

CAREER: Played in 34 games; 46 tackles (14 solo) and 7.5 sacks; 19 receptions for 259 yards (13.6 avg.) and 1 TD.

SENIOR (2018): Played in 10 games; 46 tackles (14 solo) and 7.5 sacks.

- Switched to defensive end.
- 2nd-team All-SWAC.

JUNIOR (2017): Played in 9 games; 8 receptions for 97 yards (12.1 avg.).

SOPHOMORE (2016): Played in 10 games; 9 receptions for 138 yards (15.3 avg.) and 1 TD.

TRUE FRESHMAN (2015): Played in 6 games; 2 receptions for 24 yards (12.0 avg.).

HIGH SCHOOL (COSTA MESA HS – COSTA MESA, CALIF.)

- Transferred to Costa Mesa his junior year where he played wide receiver.
- Also participated in basketball and track.
- Played football at Long Beach Poly his sophomore year.

QUINTON BELL'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	TACKLES					INTERCEPTIONS					FUMBLES	
				TOT	SOLO	ASST	SK	YDS	INT	YDS	LG	TD	PD	FF	FR
2020	TAMPA BAY	5	0	0	0	0	0.0	0.0	0	0	-	0	0	0	0
2021	ATLANTA	PRACTICE SQUAD													
2022	ATLANTA	4	0	3	2	1	0.0	0.0	0	0	-	0	0	0	0
2023	MIAMI	1	0	0	0	0	0.0	0.0	0	0	-	0	0	0	0
2024	MIAMI	17	3	23	13	10	1.0	9.0	0	0	-	0	1	1	0
NFL TOTALS		27	3	26	15	11	1.0	9.0	0	0	-	0	1	1	0

ADDITIONAL STATS

Special Teams Tackles: (Miami) 4 in 2024.

SINGLE-GAME CAREER HIGHS

Tackles:	4	at Green Bay, 11/28/24
Sacks:	1.0	at L.A. Rams, 11/11/24
Passes Defensed:	1	vs. Las Vegas, 11/17/24
Forced Fumbles:	1	at L.A. Rams, 11/11/24