



69

JOSH TUPOU

DT

6-3 | 340

COLLEGE: COLORADO

AGE: 30 HOMETOWN: LONG BEACH, CA

EXP. (NFL/RAVENS): 7/1

GP/GS (PLAYOFFS): 65/23 (5/1)



— KEY TRANSACTIONS —

- Signed with the Ravens on 5/28/24
- Signed a two-year contract with the Bengals on 3/17/22
- Placed on the Reserve/Opt-Out (COVID-19) list on 8/3/20
- Signed a one-year contract with Cincinnati on 5/1/20
- Re-signed with the Bengals on 3/21/19
- Placed on Injured Reserve on 11/21/18
- Signed to the Bengals' 53-man roster from the practice squad on 12/6/17
- Waived by Cincinnati on 11/20/17 and signed to the Bengals' practice squad on 11/21/17
- Signed to the Bengals' 53-man roster from the practice squad on 11/11/17
- Signed with the Bengals' practice squad on 9/3/17 after being waived on 9/2/17
- Signed with the Bengals as an undrafted rookie free agent on 5/5/17

— CAREER HIGHLIGHTS —

- Played in 14 games (one start) for Cincinnati in 2023, registering 19 tackles (8 solo), 1 TFL and 1 QBH
- Saw action in 11 games (six starts) for the Bengals during the 2022 season, recording 19 tackles (8 solo), a career-high 2 sacks and 3 QBHs... Also registered 6 tackles (1 solo) in three games played during Cincinnati's playoff run to the AFC Championship game
- Played in all 17 games (nine starts) for the AFC Champion Bengals in 2021, notching 12 tackles (3 solo) and 1 QBH... Contributed to a unit that ranked fifth in rushing yards allowed per game (102.5) and second in goal-to-go efficiency (59.3%)... Also started in the Divisional Playoff at Ten. (1/22/22) and appeared in Super Bowl LVI vs. LAR (2/13/22)
- Competed in all 16 games (seven starts) in 2019, posting a career-high 27 tackles (14 solo), 3 TFL and 1 FF... Cincinnati produced the fifth-best defensive red zone efficiency (49.0%)

— PERSONAL —

- His uncle Viliami Maumau played at Colorado from 1994-97 and in the NFL with the Denver Broncos
- Is of Tongan descent
- **Last name is pronounced: TOO-poe**

2023: (CINCINNATI BENGALS – 14/1)

- Saw action in 14 games (one start), registering 19 tackles (8 solo), 1 TFL and 1 QBH
- Notched a season-best 4 tackles (1 solo) vs. Min. (12/16)... Posted his second-straight game with multiple tackles

- Posted 2 solo tackles and 1 TFL vs. Ind. (12/10), contributing to a unit that limited the Colts to 46 yards on the ground, marking the fewest permitted by the defense all season
- Registered five multi-tackle games (at KC, 12/31; vs. Min., 12/16; vs. Ind., 12/10; vs. Pit., 11/26; vs. Bal., 9/17)

2022: (CINCINNATI BENGALS – 11/6, 3/0)

- Played in 11 games (six starts), recording 19 tackles (8 solo), 3 QBHs and a career-high 2 sacks... Also registered 6 tackles (1 solo) in three games played during the playoff run to the AFC Championship game
- Tallied a postseason career-high 3 tackles (1 solo) in the AFC Championship at KC (1/19/23)
- Registered his second sack of the season at NE (12/24), while also contributing to a unit that stifled the Patriots rushing attack to 61 yards... It marked the fewest rushing yards allowed by the defense all season
- Credited with a season-high 4 stops at Bal. (10/7)
- Posted 3 solo tackles, including his first-career sack, on Thursday Night Football vs. Mia. (9/29)

2021: (CINCINNATI BENGALS – 17/9, 2/1)

- Played in all 17 games (nine starts) for the AFC Champions, notching 12 tackles (3 solo) and 1 QBH... Contributed to a unit that ranked fifth in rushing yards allowed per game (102.5) and second in defensive goal-to-go efficiency (59.3%)... Also started in the Divisional Playoff at Ten. (1/22/22) and appeared in Super Bowl LVI vs. LAR (2/13/22)
- Tallied 3 tackles vs. GB (10/10)

2020: (CINCINNATI BENGALS – 0/0, RESERVE/OPT-OUT)

- Opted out of the 2020 season due to COVID-19 concerns

2019: (CINCINNATI BENGALS – 16/7)

- Competed in all 16 games (seven starts), posting a career-high 27 tackles (14 solo), 3 TFL and 1 FF... Cincinnati produced the fifth-best defensive red zone efficiency (49.0%)
- Accumulated 4 tackles (3 solo) vs. NE (12/15)
- Posted a career-high 7 tackles (5 solo), 1 TFL and his first-career FF at Oak. (11/17)
- Tallied 4 stops for a second-consecutive game vs. Jax. (10/20)
- Credited with 4 tackles (2 solo), including 1 TFL, at Bal. (10/13)

2018: (CINCINNATI BENGALS – 6/0)

- Played in six games, recording 9 tackles (6 solo)
- Registered a season-best 5 tackles (3 solo) vs. NO (11/11)

69 JOSH TUPOU

2017: (CINCINNATI BENGALS – 1/0)

- Saw his first-career NFL action at Ten. (11/12)

— COLLEGE —

- Played in 50 games across five seasons (2012-2016) at Colorado, posting 124 tackles (85 solo), 16 TFL, 7 sacks and 1 FR...Twice named honorable mention All-Pac 12 (2014&2016)
- Started all 14 games in 2016, generating 45 tackles (26 solo), 4.5 TFL and 2.5 sacks, notching honorable mention All-Pac 12 honors...Credited with 5 solo tackles and 1 TFL against Utah...Recorded a season-best 7 tackles (6 solo) against Oregon...Co-recipient of CU's Defensive Trench Award, which coaches present to the most outstanding defensive player in the front seven...Was a major contributor to a defense that ranked 13th nationally, permitting just 323.8 yards per game
- Redshirted the 2015 season
- Started all 12 games in 2014, accumulating 29 tackles (23 solo), 4 TFL, 3 sacks and 1 FR...Notched a career-best 2 sacks against Arizona...Generated a season-high 4 solo tackles against UCLA... Named honorable mention All-Pac 12
- Was a 12-game starter for the Buffaloes in 2013, recording

34 tackles (24 solo), 3 TFL and a half-sack...Posted a career-high 9 stops (4 solo) against Utah...Tallied 4 tackles (3 solo) and 1 TFL against Charleston Southern

- Saw action in 12 games in 2012, finishing with 16 tackles (12 solo), 4.5 TFL and 1 sack...Recorded 3 tackles (2 solo), including his first-career sack against Arizona...Named honorable mention Freshman All-American by *collegefootballnews.com*
- Majored in communications

— HIGH SCHOOL —

- Attended Orange (CA) HS for three years, before prepping his senior season at Buena Park (CA) HS, where he was named the 2011 Freeway League Defensive Player of the Year and garnered first-team All-Freeway League and All-CIF Southern Section honors, as well as second-team All-Orange County recognition...Recorded 78 tackles (36 solo), 5 sacks and 4 FFs to help Buena Park post a 10-3 record
- As an offensive lineman, was an All-Golden West League selection his junior year at Orange
- Also lettered in track, throwing the shot put



— TUPOU'S COMMUNITY IMPACT —

- Participated in "Jump for Joy," joining his Cincinnati teammates in delivering gifts to kids at Sky Zone (2023)
- Supported Bengals teammate Kahlil McKenzie during his football camp in Frisco, TX (2023)

JOSH TUPOU'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES				ST				MISC				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A	
2017	Bengals	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Bengals	6	0	9	6	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Bengals	16	7	27	14	13	3	4	0.0	0.0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2020	Bengals	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Bengals	17	9	12	3	9	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Bengals	11	6	19	8	11	2	20	2.0	20.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Bengals	14	1	19	8	11	1	1	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		65	23	86	39	47	6	25	2.0	20.0	5	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0

JOSH TUPOU'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES				ST				MISC					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2021	Bengals	2	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Bengals	3	0	6	1	5	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		5	1	6	1	5	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

JOSH TUPOU'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles
Solo Tackles

7 at Oakland Raiders, Nov 17, 2019
5 at Oakland Raiders, Nov 17, 2019

Forced Fumbles
Tackles For Loss

1 at Oakland Raiders, Nov 17, 2019
1 vs. Cleveland Browns, Dec 29, 2019
...2 more at 1.

69 JOSH TUPOU

JOSH TUPOU'S 2023 GXG REGULAR-SEASON STATISTICS [BENGALS]

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES				ST			MISC		W/L	SCORE			
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF			FR	S	A
09/10	at Browns	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-24
09/17	Ravens	P	2	0	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	24-27	
09/25	Rams	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	19-16	
10/01	at Titans	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-27	
10/08	at Cardinals		ON INACTIVE LIST																									
10/15	Seahawks	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	17-13	
10/29	at 49ers	P	1	0	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-17	
11/05	Bills		ON INACTIVE LIST																									
11/12	Texans		ON INACTIVE LIST																									
11/16	at Ravens	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-34	
11/26	Steelers	P	2	0	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-16	
12/04	at Jaguars	P	1	0	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-31+	
12/10	Colts	P	2	2	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-14	
12/16	Vikings	P	4	1	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-24+	
12/23	at Steelers	S	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	11-34	
12/31	at Chiefs	P	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-25	
01/07	Browns	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-14	
2023 TOTALS		14-1	19	8	11	0.0	0.0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9-8		

+ - Overtime

