



6-0 | 232  **5th Year**
DOB: Jan. 3, 1990 (Age 29)

**Waynesville,
Missouri**



**Waynesville
High School**



Northern Iowa

**UDFA ('12) by Cleveland
Acquired: FA-Pit-19**



A veteran linebacker and standout special teams player, **L.J. Fort** was signed by the Eagles during the 2019 offseason after spending three years (2016-18) with the Steelers. In 2018, Fort recorded career highs in defensive snaps (305, 29%) and special teams snaps (333, 73%). He played collegiately at Northern Iowa, where he was named FCS and Missouri Valley Conference Defensive Player of the Year as a senior in 2011.

MOST SPECIAL TEAMS SNAPS STEELERS PLAYERS IN 2018

L.J. Fort	333 (73%)
Anthony Chickillo	327 (71%)
Tyler Matakevich	317 (69%)
Roosevelt Nix	316 (69%)
Jordan Dangerfield	315 (69%)

SEASON HIGHLIGHTS

2018 - PITTSBURGH STEELERS (15/2)

- Registered a career-high 305 defensive snaps (29%) and also led the team with a career-high 333 special teams snaps (73%). Finished with a career-high 43 tackles (34 solo), 3 TFLs, 1.0 sack, 1 FR and 4 special teams tackles

2017 - PITTSBURGH STEELERS (15/0, 1/0)

- Ranked 4th on the team with 285 special teams snaps (65%) and posted the 2nd-most special teams tackles (7), trailing only **Tyler Matakevich** (11)

2016 - PITTSBURGH STEELERS (14/0, 2/0)

- Appeared in the 6th-most special teams snaps (208, 47%) on the Steelers

2012 - CLEVELAND BROWNS (16/1)

- Played in a career-high 16 games as a rookie and produced 13 tackles (8 solo), 1.0 sack, 1 INT and 3 PDs

COLLEGE HIGHLIGHTS

- Saw action in 50 games (34 starts) for Northern Iowa (2008-11) and finished his collegiate career with the 5th-most tackles (356) in school history

BIRDSEED

Fort, who is the son of Larry Fort Sr. and Amy Holloway, prepped at Waynesville (MO) High School. He was an all-state selection at tailback and first-team all-conference honoree as a LB and RB. Named the 2007 Missouri Class 5A Player of the Year, Fort totaled 2,152 rushing yards with 23 TDs and added 85 tackles, 8.0 sacks and 5 INTs (including 3 TDs) on defense as a senior.



@i_Serve24



@ljfort

In 2018, Fort recorded career highs in defensive snaps (305, 29%) and special teams snaps (333, 73%).

Fort was named FCS and Missouri Valley Conference Defensive Player of the Year in 2011.



CAREER STATISTICS

Year	Team	GP/S	TACKLES					PASS DEFENSE						FUMBLES			DEF SNAPS	
			Total	Solo	Asst	TFL	Sacks	Int	Yds	Lg	TD	PD	OPH	FF	FR	Yds	No	Pct
2012	Cleveland	16/1	13	8	5	1	1.0	1	10	10	0	3	3	0	0	0	97	8%
2014	Seattle	1/0	0	0	0	0	0.0	0	0	--	0	0	0	0	0	0	0	0%
2015	Pittsburgh	0/0	0	0	0	0	0.0	0	0	--	0	0	0	0	0	0	0	0%
2016	Pittsburgh	14/0	2	2	0	0	0.0	0	0	--	0	0	1	0	0	0	42	4%
2017	Pittsburgh	15/0	2	2	0	1	1.0	0	0	--	0	4	1	0	0	0	77	8%
2018	Pittsburgh	15/2	43	34	9	3	1.0	0	0	--	0	0	5	0	1	0	305	29%
Totals		61/3	60	46	14	5	3.0	1	10	10	0	7	10	0	1	0	---	---

PLAYOFFS

2015	Pittsburgh	1/0	0	0	0	0	0.0	0	0	--	0	0	0	0	0	0	0	0%
2016	Pittsburgh	2/0	0	0	0	0	0.0	0	0	--	0	0	0	0	0	0	0	0%
2017	Pittsburgh	1/0	1	1	0	0	0.0	0	0	--	0	1	0	0	0	0	13	21%
Totals		4/0	1	1	0	0	0.0	0	0	--	0	1	0	0	0	0	---	---

ADDITIONAL STATISTICS

Special Teams Tackles: 17 - 2018 (4), 2017 (7), 2016 (1), 2012 (5)

CAREER HIGHS

Tackles	12	12/2/18 vs. LAC
Sacks	1.0	3x, last: 10/7/18 vs. Atl.
INTs	1	9/9/12 vs. Phi.
PDs	2	9/9/12 vs. Phi.
FFs	--	---
FRs	1	10/7/18 vs. Atl.

COLLEGE HIGHLIGHTS (Continued)

- Named FCS and Missouri Valley Conference Defensive Player of the Year and earned first-team All-MVC honors after leading the FCS with 184 tackles as a senior in 2011. Earned second-team All-MVC honors as a junior in 2010

TRANSACTIONS

- 2012** Signed by CLE as undrafted free agent
- 9/1/13** Waived by CLE
- 1/1/14** Signed by DEN
- 8/30/14** Waived by DEN
- 10/21/14** Signed by SEA to practice squad
- 10/29/14** Activated by SEA from practice squad to 53-man roster
- 11/4/14** Waived by SEA
- 11/6/14** Signed by SEA to practice squad
- 11/11/14** Released by SEA from practice squad
- 11/26/14** Signed by CIN to practice squad
- 1/5/15** Signed by CIN
- 4/29/15** Waived by CIN
- 8/4/15** Signed by NE
- 8/18/15** Waived by NE
- 8/19/15** Acquired by PIT off waivers
- 9/5/15** Waived by PIT
- 9/6/15** Signed by PIT to practice squad
- 12/28/15** Activated by PIT from practice squad to 53-man roster
- 11/12/16** Waived by PIT
- 11/15/16** Signed by PIT
- 9/12/17** Waived by PIT
- 9/13/17** Signed by PIT to practice squad
- 9/23/17** Activated by PIT from practice squad to 53-man roster
- 3/14/19** Signed by PHI to 3-year contract





2018 GAME-BY-GAME STATISTICS (PIT)

Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct		
Sep 9	at Cle	T	1/0	0	0	0.0	0	0	0	0	0%		
Sep 16	KC	L	1/0	0	0	0.0	0	0	0	0	0%		
Sep 24	at TB	W	1/0	0	0	0.0	0	0	0	0	0%		
Sep 30	Bal	L	1/0	3	3	0.0	0	0	0	11	15%		
Oct 7	Atl	W	1/0	6	6	1.0	0	0	0	1	27	38%	
Oct 14	at Cin	W	0/0	INACTIVE (ANKLE)									
Oct 28	Cle	W	1/0	2	2	0.0	0	0	0	0	21	33%	
Nov 4	at Bal	W	1/0	0	0	0.0	0	0	0	0	27	44%	
Nov 8	Car	W	1/0	2	2	0.0	0	0	0	0	9	16%	
Nov 18	at Jax	W	1/0	1	1	0.0	0	0	0	0	14	20%	
Nov 25	at Den	L	1/0	4	3	0.0	0	0	0	0	17	30%	
Dec 2	LAC	L	1/0	12	9	0.0	0	0	0	0	52	83%	
Dec 9	at Oak	L	1/1	4	3	0.0	0	0	0	0	52	78%	
Dec 16	NE	W	1/0	0	0	0.0	0	0	0	0	3	5%	
Dec 23	at NO	L	1/0	1	1	0.0	0	0	0	0	23	35%	
Dec 30	Cin	W	1/1	8	4	0.0	0	0	0	0	49	100%	
Totals			15/2	43	34	1.0	0	0	0	1	305	29%	

2017 GAME-BY-GAME STATISTICS (PIT)

Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct		
Sep 10	at Cle	W	1/0	0	0	0.0	0	0	0	0	1	2%	
Sep 17	Min	W	---	STEELERS PRACTICE SQUAD									
Sep 24	at Chi	L	1/0	0	0	0.0	0	0	0	0	1	2%	
Oct 1	at Bal	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Oct 8	Jax	L	1/0	0	0	0.0	0	0	0	0	1	2%	
Oct 15	at KC	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Oct 22	Cin	W	1/0	0	0	0.0	0	0	0	0	1	2%	
Oct 29	at Det	W	1/0	0	0	0.0	0	0	0	0	1	1%	
Nov 12	at Ind	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Nov 16	Ten	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Nov 26	GB	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Dec 4	at Cin	W	1/0	1	1	0.0	0	1	0	0	17	27%	
Dec 10	Bal	W	1/0	0	0	0.0	0	1	0	0	8	13%	
Dec 17	NE	L	1/0	0	0	0.0	0	0	0	0	15	25%	
Dec 25	at Hou	W	1/0	0	0	0.0	0	1	0	0	12	22%	
Dec 31	Cle	W	1/0	1	1	1.0	0	1	0	0	20	31%	
Totals			15/0	2	2	1.0	0	4	0	0	77	8%	

PLAYOFFS

Jan 14	Jax	L	1/0	1	1	0.0	0	1	0	0	13	21%
Totals			1/0	1	1	0.0	0	1	0	0	13	21%

2016 GAME-BY-GAME STATISTICS (PIT)

Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct		
Sep 12	at Was	W	1/0	1	1	0.0	0	0	0	0	4	7%	
Sep 18	Cin	W	1/0	0	0	0.0	0	0	0	0	1	1%	
Sep 25	at Phi	L	1/0	1	1	0.0	0	0	0	0	33	51%	
Oct 2	KC	W	1/0	0	0	0.0	0	0	0	0	3	4%	
Oct 9	NYJ	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Oct 16	at Mia	L	1/0	0	0	0.0	0	0	0	0	1	1%	
Oct 23	NE	L	1/0	0	0	0.0	0	0	0	0	0	0%	
Nov 6	at Bal	L	0/0	INACTIVE									
NOT ON NFL ROSTER													
Nov 20	at Cle	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Nov 24	at Ind	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Dec 4	NYG	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Dec 11	at Buf	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Dec 18	at Cin	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Dec 25	Bal	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Jan 1	Cle	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Totals			14/0	2	2	0.0	0	0	0	0	42	4%	
PLAYOFFS													
Jan 8	Mia	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Jan 15	at KC	W	1/0	0	0	0.0	0	0	0	0	0	0%	
Jan 22	at NE	L	0/0	INACTIVE									
Totals			2/0	0	0	0.0	0	0	0	0	0	0%	

2015 GAME-BY-GAME STATISTICS (PIT)

Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct		
Sep 10	at NE	L	---	STEELERS PRACTICE SQUAD									
Sep 20	SF	W	---	STEELERS PRACTICE SQUAD									
Sep 27	at StL	W	---	STEELERS PRACTICE SQUAD									
Oct 1	Bal	L	---	STEELERS PRACTICE SQUAD									
Oct 12	at SD	W	---	STEELERS PRACTICE SQUAD									
Oct 18	Ari	W	---	STEELERS PRACTICE SQUAD									
Oct 25	at KC	L	---	STEELERS PRACTICE SQUAD									
Nov 1	Cin	L	---	STEELERS PRACTICE SQUAD									
Nov 8	Oak	W	---	STEELERS PRACTICE SQUAD									
Nov 15	Cle	W	---	STEELERS PRACTICE SQUAD									
Nov 29	at Sea	L	---	STEELERS PRACTICE SQUAD									
Dec 6	Ind	W	---	STEELERS PRACTICE SQUAD									
Dec 13	at Cin	W	---	STEELERS PRACTICE SQUAD									
Dec 20	Den	W	---	STEELERS PRACTICE SQUAD									
Dec 27	at Bal	L	---	STEELERS PRACTICE SQUAD									
Jan 3	at Cle	W	0/0	INACTIVE									
Totals			0/0	0	0	0.0	0	0	0	0	0	0%	
PLAYOFFS													
Jan 9	at Cin	W	0/0	INACTIVE									
Jan 17	at Den	L	1/0	0	0	0.0	0	0	0	0	0	0%	
Totals			1/0	0	0	0.0	0	0	0	0	0	0%	



2014 GAME-BY-GAME STATISTICS (SEA)														
Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct			
NOT ON NFL ROSTER														
NOT ON NFL ROSTER														
NOT ON NFL ROSTER														
NOT ON NFL ROSTER														
NOT ON NFL ROSTER														
NOT ON NFL ROSTER														
Oct 26	at Car	W	---	SEAHAWKS PRACTICE SQUAD										
Nov 2	Oak	W	1/0	0	0	0.0	0	0	0	0				
Nov 9	NYG	W	---	SEAHAWKS PRACTICE SQUAD										
RELEASED BY SEATTLE FROM PRACTICE SQUAD (11/11/14)														
SIGNED BY BENGALS TO PRACTICE SQUAD (11/26/14)														
Nov 30	at TB	W	---	BENGALS PRACTICE SQUAD										
Dec 7	Pit	L	---	BENGALS PRACTICE SQUAD										
Dec 14	at Cle	W	---	BENGALS PRACTICE SQUAD										
Dec 22	Den	W	---	BENGALS PRACTICE SQUAD										
Dec 28	at Pit	L	---	BENGALS PRACTICE SQUAD										
Totals			1/0	0	0	0.0	0	0	0	0	0	0%		

2012 GAME-BY-GAME STATISTICS (CLE)												
Date	Opp	GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snaps	Pct	
Sep 9	Phi	L	1/1	2	2	1.0	1	2	0	0	37	39%
Sep 16	at Cin	L	1/0	0	0	0.0	0	0	0	0	0	0%
Sep 23	Buf	L	1/0	0	0	0.0	0	0	0	0	0	0%
Sep 27	at Bal	L	1/0	1	0	0.0	0	0	0	0	2	2%
Oct 7	at NYG	L	1/0	9	5	0.0	0	0	0	0	38	51%
Oct 14	Cin	W	1/0	0	0	0.0	0	0	0	0	0	0%
Oct 21	at Ind	L	1/0	0	0	0.0	0	0	0	0	0	0%
Oct 28	SD	W	1/0	0	0	0.0	0	0	0	0	0	0%
Nov 4	Bal	L	1/0	0	0	0.0	0	0	0	0	0	0%
Nov 18	at Dal	L	1/0	0	0	0.0	0	0	0	0	1	1%
Nov 25	Pit	W	1/0	0	0	0.0	0	0	0	0	1	2%
Dec 2	at Oak	W	1/0	0	0	0.0	0	0	0	0	0	0%
Dec 9	KC	W	1/0	0	0	0.0	0	0	0	0	0	0%
Dec 16	Was	L	1/0	0	0	0.0	0	0	0	0	0	0%
Dec 23	at Den	L	1/0	0	0	0.0	0	0	0	0	2	2%
Dec 30	at Pit	L	1/0	1	1	0.0	0	1	0	0	16	28%
Totals			16/1	13	8	1.0	1	3	0	0	97	8%