

SEATTLE vs LA Rams - Last 29 Years Matchups

Year Played	Rank		Line on Game	Total on Game	Points		-- SITE --	SEATTLE								LA Rams								Turnovers	Game Grade	Home Team	Total Result	Upset?	Net Yards
	SEATTLE	LA Rams			SEATTLE	LA Rams		Home, Away or Neutral (†)	OFF YDS	OFF FD	Rushing			Passing			DEF YDS	DEF FD	Rushing			Passing							
							Attempts				Yards	Average	Comp	Attempts	Yards	Sks			Attempts	Yards	Average	Comp	Attempts	Yards					
2025	#3	48.5	Under	19-21	at LA Rams	414	26	35-135	3.9	29-44	279	0	249	12	22-119	5.4	15-28	130	0	-3	96.9	Win				165			
2025	#-1.5	43.0	Over	38-37	LA Rams	415	22	25-171	6.8	22-34	244	4	581	26	39-124	3.2	29-49	457	0	-3	78.5	Win		Upset	-166				
2025	#-2.5	46.5	Over	31-27	LA Rams	396	24	26-75	2.9	25-36	321	3	479	26	22-114	5.2	22-35	365	1	1	88.9	Win		Upset	-83				
2024	#1.5	48.0	Under	20-26	LA Rams	424	20	33-107	3.2	21-34	317	7	366	22	24-68	2.8	25-44	298	0	-2	87.6	Loss			58				
2024	#-7	38.5	Over	30-25	at LA Rams	336	18	24-126	5.3	20-27	210	2	403	20	21-84	4.0	27-41	319	3	1	86.6	Loss		Upset	-67				
2023	#-5	46.0	Under	13-30	LA Rams	180	13	18-85	4.7	16-26	112	2	426	27	40-92	2.3	24-38	334	0	0	70.6	Loss			-246				
2023	#1.5	46.5	Under	16-17	at LA Rams	291	16	21-68	3.2	24-40	236	2	267	20	27-82	3.0	17-31	190	1	0	91.7	Win			24				
2022	#-6.5	41.0	Over	27-23	at LA Rams	438	25	22-90	4.1	28-39	367	4	319	20	33-171	5.2	14-26	178	4	0	84.1	Loss		Upset	119				
2022	#-5.5	41.5	Under	19-16	LA Rams	402	22	36-197	5.5	19-31	213	3	269	14	28-146	5.2	13-26	147	5	-1	81.1	Win		Upset	133				
2021	#2.5	54.5	Under	17-26	LA Rams	354	22	25-92	3.7	21-33	283	2	476	24	29-118	4.1	25-37	365	1	-1	80.0	Loss			-122				
2021	#6.5	46.5	Under	10-20	at LA Rams	214	13	19-80	4.2	17-31	156	3	332	20	29-123	4.2	21-29	244	4	0	82.7	Win			-118				
2020	#2.5	54.5	Under	16-23	at LA Rams	333	20	22-113	5.1	22-37	248	6	389	24	29-106	3.7	27-37	302	3	-1	82.3	Win			-56				
2020	#-1.5	47.5	Under	20-9	LA Rams	292	15	24-95	4.0	20-32	225	5	334	20	29-118	4.1	24-43	234	3	1	87.3	Win		Upset	-42				
2020	#-3	42.5	Over	20-30	LA Rams	278	11	25-136	5.4	11-27	174	5	333	16	43-164	3.8	12-25	184	3	-2	79.1	Loss			-55				
2019	#-1	49.5	Over	30-29	LA Rams	429	25	43-167	3.9	17-23	268	1	477	24	18-82	4.6	29-49	395	0	1	82.7	Win		Upset	-48				
2019	#0	47.0	Under	12-28	at LA Rams	308	16	21-106	5.1	22-36	245	5	455	26	35-162	4.6	22-32	293	0	1	79.0	Win			-147				
2018	#7.5	50.0		31-33	LA Rams	373	20	32-190	5.9	13-21	198	2	468	30	30-155	5.2	23-32	321	1	2	88.0	Loss			-95				
2018	#9.5	51.0		31-36	at LA Rams	414	29	34-273	8.0	17-26	176	4	456	25	23-149	6.5	28-39	318	2	-1	87.9	Win			-42				
2017	#1.5	47.5	Under	16-10	at LA Rams	241	15	25-62	2.5	24-38	179	3	375	21	22-100	4.5	22-47	275	2	3	93.3	Loss		Upset	-134				
2017	#-1	47.5	Over	7-42	LA Rams	149	11	17-78	4.6	14-30	71	7	352	19	43-244	5.7	15-23	108	2	-1	77.2	Loss			-203				
2016	#-5	37.5	Under	3-9	at LA Rams	306	17	24-67	2.8	22-35	254	2	283	17	25-64	2.6	19-30	239	3	-1	88.3	Win			23				
2016	#-16	39.0	Under	24-3	LA Rams	299	19	30-72	2.4	19-26	229	2	183	13	11-47	4.3	18-35	167	4	-1	86.5	Win		Upset	116				
2015	#-3.5	41.0		31-34	at St Louis	343	21	32-124	3.9	32-41	251	6	352	19	26-76	2.9	18-24	297	2	2	84.1	Win			-9				
2015	#-12	40.0		17-23	St Louis	313	18	22-60	2.7	25-41	289	4	207	14	30-104	3.5	14-23	103	0	-3	81.0	Loss			106				
2014	#-6.5	43.5	Over	26-28	at St Louis	463	25	29-171	5.9	23-36	292	3	275	18	27-102	3.8	18-21	173	0	0	87.7	Win			188				
2014	#-11.5	41.5	Under	20-6	St Louis	354	16	34-132	3.9	17-25	222	3	245	15	19-42	2.2	26-37	203	4	1	89.3	Win		Upset	109				
2013	#-11	42.5	Under	14-9	at St Louis	135	7	15-44	2.9	10-18	91	7	339	23	37-200	5.4	15-31	139	3	2	81.3	Loss		Upset	-204				
2013	#-12	42.0	Under	27-9	St Louis	269	20	36-111	3.1	15-23	158	4	158	11	18-13	0.7	21-30	145	2	2	89.8	Win		Upset	111				
2012	#-3	39.0	Under	13-19	at St Louis	319	19	34-179	5.3	17-25	140	2	286	15	27-75	2.8	17-31	211	2	-2	83.2	Win			33				
2012	#-11.5	42.5	Under	20-13	St Louis	362	17	30-153	5.1	15-19	209	6	331	20	19-79	4.2	25-42	252	0	1	87.2	Win		Upset	31				
2011	#3	40.0		24-7	at St Louis	289	16	39-126	3.2	15-25	163	4	185	13	17-42	2.5	20-40	143	5	1	88.2	Loss		Upset	104				