

| # | Quarterback | School | Class | Height | Weight | Team |
|----|--------------------|--------------|-------|--------|--------|------|
| 7 | Syour Fludd | Monacan | 11 | 6'1 | 181 | 1st |
| 5 | Tyrek Hughey | Lake Taylor | 12 | 6'0 | 215 | 2nd |
| | | | | | | |
| # | Running Back | School | Class | Height | Weight | Team |
| 5 | Caleb Kraegenbrink | Lafayette | 12 | 5'11 | 190 | 1st |
| 3 | Raeshawn Griffin | Lake Taylor | 12 | 5'9 | 185 | 1st |
| 6 | Zyan Sturdivant | Dinwiddie | 11 | 5'8 | 190 | 1st |
| 1 | Korey Bridy | Monacan | 11 | 6'0 | 185 | 2nd |
| 8 | Darren Butts | Kings Fork | 11 | 5'8 | 155 | 2nd |
| 5 | Ryan Pabon | Grafton | 12 | 5'10 | 185 | 2nd |
| 3 | Justin DeLeon | Powhatan | 12 | 5'11 | 180 | HM |
| 28 | Lovell Armstead | Chancellor | 11 | 5'10 | 185 | HM |
| | | | | | | |
| # | Wide Receiver | School | Class | Height | Weight | Team |
| 2 | Hezekiah Grimsley | Lafayette | 12 | 6'1 | 190 | 1st |
| 3 | Tye Freeland | Dinwiddie | 12 | 5'11 | 175 | 1st |
| 15 | Amonyae Watson | Heritage | 12 | 6'1 | 170 | 1st |
| 1 | Rashard Russell | Lake Taylor | 12 | 6'0 | 170 | 2nd |
| 10 | Zach Thomas | Eastern View | 11 | 6'3 | 180 | 2nd |
| 6 | Cherrod Joe | Kings Fork | 11 | 5'11 | 190 | 2nd |
| 8 | Austin Snellings | Monacan | 12 | 5'11 | 170 | HM |
| 4 | Tim Payne | Heritage | 11 | 6'2 | 165 | HM |
| 3 | D'Ago Hunter | Eastern View | 11 | 5'5 | 150 | HM |
| | | | | | | |
| # | Tight End | School | Class | Height | Weight | Team |
| 81 | K'Vaughan Pope | Dinwiddie | 11 | 6'2 | 210 | 1ST |
| 2 | Jeremy Frazier | Lake Taylor | 12 | 6'0 | 225 | 2ND |
| 2 | Chris Pierce | Smithfield | 12 | 6'4 | 215 | HM |
| | | | | | | |
| # | Center | School | Class | Height | Weight | Team |
| 72 | Travon Wilkerson | Dinwiddie | 12 | 6'2 | 340 | 1ST |
| 55 | Troy Davis | Lake Taylor | 11 | 5'8 | 230 | 2ND |

| | | | | | | |
|----------|------------------------------|------------------|--------------|---------------|---------------|-------------|
| 75 | Malik Kelley | Heritage | 11 | 5'10 | 250 | HM |
| | | | | | | |
| # | Offensive Lineman | School | Class | Height | Weight | Team |
| 53 | Darnell Ewell | Lake Taylor | 12 | 6'5 | 300 | 1st |
| 54 | Dexter Klock | Lafayette | 12 | 6'4 | 255 | 1st |
| 52 | Miles Scott | Dinwiddie | 12 | 5'11 | 250 | 1st |
| 59 | Treavon Williams | Heritage | 12 | 6'0 | 283 | 1st |
| 75 | Kyle Smith | Eastern View | 11 | 6'4 | 300 | 2nd |
| 50 | Roman Bond | Lake Taylor | 12 | 6'3 | 255 | 2nd |
| 57 | Xavier Brown | Monacan | 12 | 5'10 | 218 | 2nd |
| 51 | Hunter Brummett | Grafton | 12 | 5'11 | 240 | 2nd |
| 55 | Yetur Matos | Chancellor | 12 | 6'6 | 245 | HM |
| 79 | Anthony Thurston | Louisa | 11 | 6'4 | 260 | HM |
| 57 | DaVron Davis | Dinwiddie | 12 | 5'8 | 260 | HM |
| 79 | George Brown Jr. | Chancellor | 12 | 6'1 | 303 | HM |
| 75 | Channing Ward | Powhatan | 12 | 6'4 | 300 | HM |
| | | | | | | |
| # | Kicker | School | Class | Height | Weight | Team |
| 41 | Todd Anspach | Dinwiddie | 11 | 5'9 | 170 | 1st |
| 2 | AJ Frommelt | Great Bridge | 12 | 6'1 | 180 | 2nd |
| | | | | | | |
| # | Kick Returner | School | Class | Height | Weight | Team |
| 3 | D'Ago Hunter | Eastern View | 11 | 5'5 | 150 | 1ST |
| 1 | Rashard Russell | Lake Taylor | 12 | 6'0 | 170 | 2ND |
| | | | | | | |
| # | Offensive All Purpose | School | Class | Height | Weight | Team |
| 10 | Clayton Cheatham | Hanover | 12 | 6'3 | 220 | 1ST |
| 45 | Kyle Johnson | Lafayette | 12 | 5'8 | 160 | 2ND |
| 7 | Malik Bell | Louisa | 11 | 6'1 | 260 | HM |
| | | | | | | |
| # | Offensive POY | School | Class | Height | Weight | Team |
| 3 | Tye Freeland | Dinwiddie | 12 | 5'11 | 175 | |

| # | Defensive Back | School | Class | Height | Weight | Conference | Team |
|----|------------------------|--------------|-------|--------|--------|------------|------|
| 3 | Tye Freeland | Dinwiddie | 12 | 5'11 | 175 | 20 | 1ST |
| 2 | Hezekiah Grimsley | Lafayette | 12 | 6'1 | 190 | 18 | 1ST |
| 1 | Rashard Russell | Lake Taylor | 12 | 6'0 | 170 | 17 | 1ST |
| 3 | Terrell Hart | Kings Fork | 11 | 6'0 | 185 | 17 | 1ST |
| 3 | D'Ago Hunter | Eastern View | 11 | 5'5 | 150 | 19 | 2ND |
| 8 | Austin Snellings | Monacan | 12 | 5'11 | 170 | 20 | 2ND |
| 24 | Travaris Noel | Grafton | 12 | 6'2 | 190 | 18 | 2ND |
| 4 | Jermani Brown | Midlothian | 12 | 5'11 | 175 | 20 | 2ND |
| 7 | Daquan Benton | Denbigh | 12 | 5'6 | 155 | 18 | HM |
| 8 | Juanye Pitt | Dinwiddie | 12 | 5'10 | 163 | 20 | HM |
| 10 | Malik Minor | Louisa | 12 | 5'9 | 145 | 19 | HM |
| 14 | Jaylen Jefferson | Deep Creek | 12 | 5'10 | 170 | 17 | HM |
| 5 | Jordan Aley | King George | 12 | 5'8 | 160 | 19 | HM |
| 7 | Terique Minor | Lake Taylor | 12 | 5'10 | 165 | 17 | HM |
| | | | | | | | |
| # | Defensive Lineman | School | Class | Height | Weight | Conference | Team |
| 50 | Roman Bond | Lake Taylor | 12 | 6'3 | 255 | 17 | 1ST |
| 49 | Omar Tyson | Dinwiddie | JR | 6'1 | 210 | 20 | 1ST |
| 53 | Darnell Ewell | Lake Taylor | 12 | 6'5 | 300 | 17 | 1ST |
| 57 | Tyler Jump | Lafayette | 12 | 6'1 | 240 | 18 | 2ND |
| 56 | TJ Jones | Monacan | SR | 5'10 | 235 | 20 | 2ND |
| 72 | Quinton Ragland | Louisa | 12 | 6'5 | 280 | 19 | 2ND |
| 79 | George Brown Jr. | Chancellor | 12 | 6'1 | 303 | 19 | HM |
| 60 | David Leavell | Eastern View | 11 | 5'11 | 240 | 19 | HM |
| 75 | Micah Brown | Churchland | 12 | 6'4 | 285 | 17 | HM |
| | | | | | | | |
| # | Linebackers | School | Class | Height | Weight | Conference | Team |
| 81 | K'Vaughan Pope | Dinwiddie | 11 | 6'2 | 210 | 20 | 1ST |
| 22 | Diamonte Tucker-Dorsey | Lake Taylor | 12 | 5'11 | 220 | 17 | 1ST |
| 50 | Liam Walters * | Lafayette | 12 | 6' | 195 | 18 | 1ST |
| 8 | Jeremiah Boyd | Heritage | 12 | 6' | 205 | 18 | 1ST |
| 20 | De'Andre Williams | Monacan | 12 | 6'0 | 203 | 20 | 2ND |

| | | | | | | | |
|----------|------------------------------|---------------|--------------|---------------|---------------|-------------------|-------------|
| 4 | Logan Jenkins | Eastern View | 12 | 6'0 | 185 | 19 | 2ND |
| 23 | Nevada Jones | Heritage | 12 | 6' | 180 | 18 | 2ND |
| 3 | Raeshawn Griffin | Lake Taylor | 12 | 5'9 | 185 | 17 | 2ND |
| 44 | Alex Andros | Courtland | 11 | 5'9 | 175 | 19 | HM |
| 11 | Cameron Kniebbe | Chancellor | 12 | 5'9 | 197 | 19 | HM |
| 12 | Brandon Smith | Louisa | 10 | 6'5 | 210 | 19 | HM |
| 34 | Jack Darden | Smithfield | 12 | 6'2 | 230 | 18 | HM |
| 21 | Jeremy Arnold | Powhatan | 12 | 5'11 | 186 | 20 | HM |
| | | | | | | | |
| # | Defensive End | School | Class | Height | Weight | Conference | Team |
| 5 | Timothy Fields | Dinwiddie | 12 | 6'1 | 220 | 20 | 1ST |
| 55 | Yetur Matos | Chancellor | 12 | 6'6 | 245 | 19 | 1ST |
| 9 | Armonii Burden | Lafayette | 11 | 6'2 | 240 | 18 | 2ND |
| 34 | Ray Gonzalez | Grafton | 12 | 6'3 | 210 | 18 | 2ND |
| 9 | Quran Copeland | Lake Taylor | 12 | 5'9 | 210 | 17 | HM |
| 4 | Marteise Phipps | Monacan | 11 | 6'3 | 215 | 20 | HM |
| | | | | | | | |
| # | Punter | School | Class | Height | Weight | Conference | Team |
| 13 | Riley Dellinger | Deep Creek | 12 | 6'0 | 150 | 17 | 1ST |
| 13 | Ivan Jackson | Midlothian | 12 | 5'10 | 185 | 20 | 2ND |
| 11 | DJ Jones | Courtland | 10 | 6'2 | 200 | 19 | HM |
| 13 | Isiah Hawkins | Grafton | 12 | 6' | 190 | 18 | HM |
| | | | | | | | |
| # | Punt Returner | School | Class | Height | Weight | Conference | Team |
| 2 | Hezekiah Grimsley | Lafayette | 12 | 6'1 | 190 | 18 | 1ST |
| 1 | Rashard Russell | Lake Taylor | 12 | 6'0 | 170 | 17 | 2ND |
| 3 | Tye Freeland | Dinwiddie | 12 | 5'11 | 175 | 20 | HM |
| 5 | Jordan Aley | King George | 12 | 5'8 | 160 | 19 | HM |
| | | | | | | | |
| # | Defensive All Purpose | School | Class | Height | Weight | Conference | Team |
| 2 | Kaden Woodward | Eastern View | 12 | 5'11 | 185 | 19 | 1ST |
| 8 | Jack Erwin | Lafayette | 12 | 6'2 | 210 | 18 | 2ND |
| 9 | Joseph Tyree | Dinwiddie | 11 | 6'1 | 190 | 20 | HM |
| 3 | Terrell Hart | Kings Fork | 11 | 6'0 | 185 | 17 | HM |

| # | Defensive POY | School | Class | Height | Weight | Conference | Team |
|----|------------------|-----------|-------|--------|--------|------------|------|
| 81 | K'Vaughan Pope * | Dinwiddie | 11 | 6'2 | 210 | 20 | |

| Offensive POY | # | School | Class | Height | Weight | | |
|----------------------|----------|------------------|--------------|---------------|---------------|--|--|
| Tye Freeland | 3 | Dinwiddie | 12 | 5'11 | 175 | | |
| Defensive POY | # | School | Class | Height | Weight | | |
| K'Vaughan Pope * | 81 | Dinwiddie | 11 | 6'2 | 210 | | |
| COY | | | | | | | |
| Billy Mills | | Dinwiddie | | | | | |