

Judge Rossie D. Alston, Jr. attended to Averett College (now Averett University) for undergrad and graduated cum laude with a Bachelor of Arts degree in 1979. After graduating from Averett, Judge Alston then attended North Carolina Central University School of Law, where he obtained a Juris Doctorate cum laude and graduated fifth in his class in 1982. While in law school, Judge Alston served as an editor of the North Carolina Central Law Journal and was a member of the Moot Court and Client Counseling Teams, which both competed nationally.

After passing the Virginia Bar Examination in, Judge Alston worked for the National Labor Relations Board in Washington, D.C. He then worked in for the National Right to Work Legal Defense Foundation and in private practice. In 1998, Judge Alston was appointed as a judge of the Prince William Juvenile and Domestic Relations Court and in 2001, he was appointed to the Circuit Court of Prince William County. He was appointed to the Court of Appeals of Virginia in February 2009, where he served until June 2019. On June 14, 2019, Judge Alston was sworn in as a United States District Judge for the Eastern District of Virginia. In 2023, Chief Justice Roberts appointed Judge Alston to serve on the judiciary's Committee on Information Technology.

Judge Alston is an Emeritus Member of the George Mason Inns of Court and a former faculty member and guest lecturer to the Virginia State Bar Professionalism Committee. He has served on the Judicial Ethics Advisory Committee, the Judicial Education Committee, the Criminal Law Section of the Virginia State Bar, the Virginia State Sentencing Commission, the Virginia State Pro Bono Committee, and the Special Commission Reviewing the Rules of Criminal Discovery in the Commonwealth of Virginia. Judge Alston is also a Distinguished Adjunct Professor at the Antonin Scalia Law School.