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TOUCHDOWN!

MINOT FAMILY YMCA FLAG AND TACKLE FOOTBALL PROGRAM

Effective July 29, 2026

Program Start and End Date: September 5th – October 10th

Tackle Football

Non-Member: \$285 | Member: \$220 | Late Fee: \$50

Flag Football

Non-Member: \$130 | Member: \$85 | Late Fee: \$20

2026 Registration Deadline: August 3rd, 2026

FAQ's

GENERAL INFORMATION

How are teams put together?

Teams are grouped together by school, but registration is done by each individual. If one school doesn't have enough players, they will be combined with another team/school in a similar situation.

When do practice begin?

Practices are at the discretion of the coach and may begin starting August 20th.

When and where is practice?

Practice time and location are determined by the coaches of each team.

When and where is the coaches meeting?

The coaches meeting will take place August 19th at 7pm in the Community Room at the YMCA.

When are teams assigned and when should we expect to hear from our coach?

Teams will be assigned a week after registration closes (August 10th). You should expect to hear from your coaches a day or two after the coaches meeting which will take place on August 19th.

When and where do we get our game schedule?

Game schedules will be located online at www.ymcaminot.org/youth-football

How do I access my online YMCA account?

Go to www.ymcaminot.org and click the "Y Account Login" button. From here, you are able to look up your phone or email to find your account. It may ask you for a password but if you don't remember it, just choose "Forgot your password?" and follow the instructions. If you are signed up for a program, you already have an account in our system, please do NOT make a new one as it will not be linked to your account.

FLAG FOOTBALL

When and where do games take place?

Games will be held on Saturdays and Thursdays. K-2nd games will be held on the YMCA Side Field (50yd Field). 3rd and 4th Grade games will be held at Jim Hill Middle School and the Doc Allen Field/Minot State Practice Field (80yd Fields). Thursday games will be played at 6 and 7pm. Saturday games will start as early as 9am and start as late as 3pm.

What equipment is required in order to play?

Equipment requirements in order to play include mouth guard, jersey, flags, and cleats. Tennis shoes are acceptable, but cleats are highly encouraged. The YMCA will provide a Jersey to each participant and flags to the coaches. A mouthguard and cleats will not be provided by the YMCA. NO METAL CLEATS ALLOWED.

TACKLE FOOTBALL

When and where do games take place?

Game will be held on Saturdays and Thursdays with the majority of them being played on the local high school football fields (Minot High and Minot North) Thursday games will be played at 6pm and 7pm and Saturday games will start as early as 9am and start as late as 3pm.

When is equipment handout?

Equipment handout will be on August 10th from 3pm to 5pm and August 12th from 5:30pm to 8pm. PHYSICAL MUST BE PRESENT TO RECEIVE GEAR.

Player Check-In Process

1. Verify physical is present
2. Weigh player
3. Collect physical form
4. Issue football pants
5. Issue helmet
6. Issue shoulder pads
7. Record equipment on checkout sheet

What equipment is required in order to play?

Equipment requirements in order to play include all issued gear, mouth guard, jersey, and cleats. Cleats are not mandatory but are highly recommended. The YMCA will issue a helmet, pads, Jersey, and football pants. A mouthguard and cleats will not be provided by the YMCA. NO METAL CLEATS ALLOWED.

What is a Blue Dot?

A blue dot is a player who exceeds 130lbs. They cannot carry or catch the football, even if the player intercepts or picks up a fumble. As soon as a blue dot possesses the football, the play is blown dead.

Have additional questions?

Call the YMCA at 701-852-0141 or email Sam Wedar: football@ymcaminot.org