



MARTINEZ YOUTH FOOTBALL & CHEER 2026 • 7v7 FOOTBALL FACT SHEET

Program Overview

This is an 10-week 7v7 season beginning at the end of January. Games are held on Saturdays at Ygnacio Valley High School, subject to field availability. Game times will be confirmed as the season approaches.

Practice Information

Beginning January 22, 2026, practices move to two days per week:

- **Thursdays: All levels — Martinez Waterfront Park, 4:00 PM – 5:30 PM**
- **Saturdays: Practice held 1.5 hours before scheduled game time**

This is a volunteer-based program. Practice and game times may occasionally shift by up to 30 minutes.

7v7 is a competitive program. Playing time is earned through effort, preparation, and attitude. This is not a guaranteed-play sport.

Communication Policy

All 7v7 communication will be handled through the Band App. Please avoid texting coaches unless there is an urgent emergency.

Game Day Attire & Equipment

Approved attire includes sweatsuits with jersey, sweatpants with jersey, or jersey with shorts.

Approved accessories include gloves, arm sleeves, leg sleeves, sweatbands, wristbands, and compression gear.

Players must arrive fully dressed and bring water to all practices and games. Water is not provided.

Game Location

Ygnacio Valley High School
755 Oak Grove Rd, Concord, CA 94518

Week

Week 1
Week 2
Week 3
Week 4
Week 5
Week 6
Week 7
Week 8
Week 9
Week 10

Date

January 24, 2026
January 31, 2026
February 7, 2026
February 14, 2026
February 21, 2026
February 28, 2026
March 7, 2026
March 14, 2026
March 21, 2026
March 28, 2026

Game Times & Arrival

10U: Game 10:30 AM | Arrival 9:00 AM

12U: Game 2:30 PM | Arrival 1:00 PM

14U: Game 4:30 PM | Arrival 3:00 PM

7v7 Travel Tournament – Los Angeles

Warren High School

8141 De Palma Street, Downey, CA 90241

Event Date: April 18, 2026

Cost: \$50 per player

Minimum participation is required for each level. A Google Form will be sent to register and submit payment. If minimum participation is not met, the fee will be refunded.

Travel & Lodging

MYF does not cover travel or lodging. Families must make their own arrangements.

Suggested (optional) hotel:

Commerce Casino Hotel

6131 Telegraph Rd, Commerce, CA 90040

Families should plan to arrive Friday for a full-day Saturday event.

Optional Universal Studios outing on Sunday (not required).

Tackle Football Information

7v7 participants receive a discount for the regular tackle football season.

Visit myfbulldogs.org or contact the MYF General Manager for details.

Information in this fact sheet is subject to change. We look forward to a great season!



7v7 Band QR Code



MYFBulldogs.org