



Flag Football 2026

Tuesdays, Aug 18 - Oct 6

New in 2026! SOMN and the Blast now offers both Traditional and Unified Flag Football!

Program Expansion and Increased Athlete Capacity

Last season, Blast Flag Football had 2 Unified teams with 22 athletes and 8 unified partners. This season, SOMN will offer both Traditional Flag Football (5x5) and Unified Flag Football (5x5; 3 athletes and 2 unified partners). This change allows us to welcome additional athletes for the first time in 2 years. Depending on volunteer coach and unified partner availability, we may add up to 20 new athletes and 2 new teams this season!

Registration Process

- **Athlete registration will be handled at the first practice on Tuesday, August 18 at 6:00 PM.**
 - Print and complete the registration form on the next page and hand it in with the \$30 registration fee
 - Extra forms will also be available at the registration table
- **All athletes MUST attend the first practice - tournament rosters are due on Sunday, August 23rd.**
- *All athletes must have their Special Olympics paperwork current to participate.*
- *Note: We recommended that athletes wear a mouthguard and grass/turf football cleats (metal not allowed).*

Registration Priority

- ***Returning Blast Flag Football athletes:*** *Roster spots are guaranteed for athletes who attend the first practice.*
- ***NEW Blast Flag Football athletes:*** *Roster spots cannot be guaranteed as our roster capacity depends on the number of volunteer coaches, unified partners and new athletes.*
 - *We will do our best to accommodate all; however, refunds will be issued if we exceed capacity.*

Team Assignments

- *Athletes will be assigned to a Traditional or Unified team at the second practice on August 25th.*

Questions? Interested in volunteering to help coach or becoming a unified partner?

- Call or text Mark Parupsky at 651-724-3124 or email him at zazmeister@comcast.net

Season Schedule

Practice Dates	Practice Times
* 8/18 * Attendance Required	* 6:00 – 7:30 *
8/25, 9/1, 9/8, 9/15, 9/22	6:00 – 7:30
9/29, 10/6	6:00 – 7:00
Practice location - Neill Park (lower level) - 13501 Upton Ave S, Burnsville <i>Fields are located on the lower level of the park between softball field #2 and the youth baseball field.</i> <i>Parking can also be found on the lower level of the park near the youth field (enter using W 136th St).</i>	
Competition Dates	Competition Location
September 12th or 13th	Regional Metro Competition HealthPartners Fieldhouse – TruStone Center 14160 James Rd, Rogers, MN
October 10th or 11th	State Competition M Health Fairview Sports Center 4125 Radio Drive, Woodbury, MN

* Note: Athletes must participate in the Regional Competition to participate in the State Competition

Blast Flag Football: \$30 Registration Fee | Make checks payable to: Blast Special Olympics

Check # _____ Cash/MO _____

Help speed up the registration process!

***Print and complete this form and bring it to the first practice
on Tuesday, August 18th with the \$30 registration fee.***

Extra forms will be available at the registration table if you do not have access to a printer.

----- **REGISTRATION FORM** -----

Athlete's Name _____ Parent/Guardian Name(s) _____

Address _____ Athlete Shirt Size _____

Athlete's Phone _____ Parent/Guardian's Phone _____

Athlete's Email _____ Parent/Guardian's Email _____

Emergency Contact and Phone _____