



2026 BYU COUGARS FOOTBALL SCHEDULE

Big 12 Conference - All times Eastern

Updated: July 20, 2026 (Big 12 Championship Game added)

WK	DATE	OPPONENT	TIME (ET)	TV
1	Sat, Sep 5	vs Utah Tech Trailblazers	8:00 PM	ESPN+
2	Sat, Sep 12	vs Arizona Wildcats	3:30 PM	FOX
3	Sat, Sep 19	@ Colorado State Rams	7:30 PM	CBS/Paramount
BYE	Sat, Sep 26	Open Date - Bye Week	-	-
5	Sat, Oct 3	@ TCU Horned Frogs	TBD	TBD
6	Fri, Oct 9	vs Iowa State Cyclones	10:15 PM	ESPN
7	Sat, Oct 17	vs Notre Dame Fighting Irish	TBD	TBD
8	Sat, Oct 24	@ UCF Knights	TBD	TBD
9	Sat, Oct 31	vs Arizona State Sun Devils	TBD	TBD
10	Sat, Nov 7	@ Utah Utes	TBD	TBD
11	Sat, Nov 14	vs Baylor Bears	TBD	TBD
12	Sat, Nov 21	@ Kansas Jayhawks	TBD	TBD
13	Sat, Nov 28	vs Cincinnati Bearcats	TBD	TBD
CCG	Fri, Dec 4	Big 12 Championship (if qualified)	8:00 PM	ABC

Bold = network-confirmed time/TV. Window games have a set TV window; exact kickoff and network are announced about six days before each game.

Big 12 Championship Game: Friday, December 4, 2026 at AT&T Stadium, Arlington - team plays only if it finishes in the top two of the Big 12.