

2026 PRACTICE VIEWING INFORMATION

We are excited to have you join us at The Star, the World Headquarters of the Dallas Cowboys, located in Frisco, TX. Your practice viewing experience will include an inside look at the facility and opportunity to hear from Kristi Scales, sideline reporter for the Dallas Cowboys Radio Network all while enjoying lunch and watching practice from one of our exclusive practice suites.

The Star: Parking

Upon arrival, please park in the Gridiron parking lot (see map on next page for reference). Once parked, please enter the Headquarters through the main doors.

The Star: Check-In

Upon entry to the Atrium, please check in at the security desk, located to your left. Notify security that you are a sponsorship guest and provide your name and photo ID. Once checked in, a Dallas Cowboys representative will greet you in the Atrium and direct you to your practice suite.

Practice Information: *please note, all practice days and times are subject to change **

12:00 PM | Check-In & Lunch

12:30PM-1:15PM | Jerry Jones Hologram Experience & Tour of The Star (Optional)

1:15 PM | Practice

2:00 PM | Conclusion of Practice Viewing Experience

Practice Viewing Experience

- A Clear Bag Policy is enforced for tours at The Star. Security must screen all guests upon arrival.
- All guests must always be escorted by a Dallas Cowboys representative.
- Please note that guests will be indoors in a climate-controlled area.
- Recommended attire is business casual.
- Videography/photography are **prohibited** throughout the facility and during practice.

Directions to Gridiron Parking Lot:

- Enter The Star District via Warren Parkway
- Turn right on Avenue of Champions
- Turn left on Cowboys Way
- Enter the Gridiron lot on your left
- Walk across Cowboys Way towards the Headquarters building and enter through the main doors



THE STAR TOURS BAG POLICY

NO PURSES. CLEAR BAGS ONLY.

In an effort to enhance public safety, Ford Center has modified its security policy by limiting the size and style of bags allowed in the venue.

APPROVED BAGS ✓

CLEAR TOTE

Plastic, vinyl, or PVC and do not exceed 12"x6"x12"

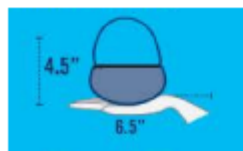
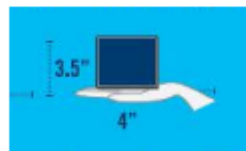
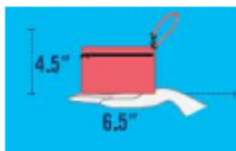


PLASTIC STORAGE BAG

Clear, one (1) gallon, re-sealable



- ★ Approximately the size of a hand with or without a handle or strap
- ★ No larger than 4.5" x 6.5" with or without a handle or strap
- ★ Can be carried separately or within an approved plastic bag



PROHIBITED BAGS ✗

- ★ All purses, bags or containers larger than a small clutch bag
- ★ Backpacks
- ★ Binocular case
Binoculars may be worn around the neck
- ★ Briefcases
- ★ Camera bags
- ★ Cinch bags
- ★ Computer bags
- ★ Coolers
- ★ Diaper bags
- ★ Fanny packs
- ★ Luggage of any kind
- ★ Seat Cushion



*An exception will be made for medically necessary items after proper inspection at a gate designated for this purpose

For more information, please visit <https://www.thestarinfrisco.com/tours/>