



TUGENDE 2026 Uganda Wheelchair Rugby National Championship

Official Programme | 3-7 August 2026 | MTN Arena Lugogo, Kampala

A week of national competition, athlete development, officiating education, wheelchair maintenance learning, media engagement and international friendship through wheelchair rugby fives.

Dates	Monday 3 August to Friday 7 August 2026
Venue	MTN Arena Lugogo, Kampala
Organiser	Uganda Wheelchair Rugby Federation
Main activities	Training sessions, wheelchair maintenance workshops, officiating classes, round robin matches, semifinals, final, international friendly and awards ceremony.

Participating teams

			
Kampala Wheelchair Rugby Club	Gulu Wheelchair Rugby Club	Wakiso Wheelchair Rugby Club	Wales Wheelchair Rugby Fives

International friendly

	Uganda Wheelchair Rugby Fives	vs	Wales Wheelchair Rugby Fives	
---	-------------------------------	----	------------------------------	---

Monday 3 August 2026

Time	Item	Details
9:00-10:00 AM	Training session	Team and athlete development session.
10:00-10:30 AM	Wheelchair maintenance workshop	Practical maintenance and safety session for sport wheelchairs.
10:30 AM-12:00 PM	Training session	Technical and tactical training session.
12:00-1:00 PM	Officiating workshop/class	Classroom and practical officiating education.
2:00 PM	Press conference	Media engagement and championship briefing.

Tuesday 4 August 2026

Time	Item	Details
9:00-10:00 AM	Training session	Team and athlete development session.
10:00-10:30 AM	Wheelchair maintenance workshop	Practical maintenance and safety session for sport wheelchairs.
10:30 AM-12:00 PM	Training session	Technical and tactical training session.
12:00-1:00 PM	Officiating class/workshop	Classroom and practical officiating education.

Competition format

The championship club competition uses two round robin days. Kampala, Gulu, Wakiso and Wales face each other on Wednesday and repeat the home-and-away round robin on Thursday. Friday is reserved for semifinals, placement match, final, international friendly and awards.

Wednesday 5 August 2026 - Round Robin One

Time	Game	Fixture
9:00 AM	Game 1	Kampala vs Gulu
9:45 AM	Game 2	Wakiso vs Wales
10:30 AM	Game 3	Kampala vs Wakiso
11:15 AM	Game 4	Gulu vs Wales
12:00 PM	Game 5	Kampala vs Wales
12:45 PM	Game 6	Gulu vs Wakiso
1:15 PM	Session close	All games completed for the day.

Thursday 6 August 2026 - Round Robin Two

Time	Game	Fixture
9:00 AM	Game 1	Kampala vs Gulu
9:45 AM	Game 2	Wakiso vs Wales
10:30 AM	Game 3	Kampala vs Wakiso
11:15 AM	Game 4	Gulu vs Wales
12:00 PM	Game 5	Kampala vs Wales
12:45 PM	Game 6	Gulu vs Wakiso
1:15 PM	Session close	All games completed for the day.

Friday 7 August 2026 - Finals Day

Time	Item	Details
9:00 AM	Semifinal 1	1st on the table vs 4th on the table.
9:45 AM	Semifinal 2	2nd on the table vs 3rd on the table.
10:30 AM	Game 3	Two losing semifinalists play for final placing.
11:15 AM	Final	Winners of the semifinals play for the TUGENDE 2026 championship.
12:00 PM	International friendly	Uganda Wheelchair Rugby Fives vs Wales Wheelchair Rugby Fives.
12:45 PM	Awards ceremony	Championship club, medals to all team members, female best player, young best player and most valuable player of the championship.

International friendly spotlight

	Uganda Wheelchair Rugby Fives	vs	Wales Wheelchair Rugby Fives	
--	-------------------------------	----	------------------------------	---

Awards to be presented

Award	Recognition
Championship club	Overall TUGENDE 2026 champion club.
Team medals	Medals to all team members.
Female best player	Outstanding female athlete of the championship.
Young best player	Outstanding young athlete of the championship.
Most valuable player	Most valuable player of the championship.

Contact

For updates, registrations and media enquiries: info@uwrf.ug | +256-770-757-946 | P.O. Box 10087, Kampala GPO