



UGANDA SECONDARY SCHOOLS SPORTS ASSOCIATION

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21st April, 2026

Attention,

- a) All Schools,
- b) Sports Delegates
- c) Technical Commissions
- d) Technical Organizers

Please Note:

1. All qualified teams must undergone verification exercise
2. No team will play before Online and physical verification, this will be done at the venue and a walk-over may be awarded in case of further delay.
3. Physical screening will be done at the host school from 10:00am – 05:00pm on the day of arrival, Wednesday 29th April, 2026.
4. All teams must be at the host venue by **2:00pm** of **Wednesday 29th April, 2026**

COMPETITIONS/TECHNICAL GUIDELINES

NO.	Sport	No. teams	Mode of play	Time of play	Method	Rules/laws/regulation
1	Football	64	<ul style="list-style-type: none"> • 16 Groups • 4 Teams • 3 Grp Games 	<ul style="list-style-type: none"> • 35 Minutes • 2 Halves • 15 Minutes Rest 	<ul style="list-style-type: none"> • 2 Games a day 	<ul style="list-style-type: none"> • FIFA laws of the game • Pre-games meeting • Classification games are a must • USSSA flow chart to be used • Walkover after 35minutes



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2	Basketball	48	<ul style="list-style-type: none"> • 8 Groups • 6 Teams • 4 Quarters 	<ul style="list-style-type: none"> • 8 Minutes • Stopping Time • 4 Quarters • 2 Mins/2qtrs • 5 Minutes/2halves 	<ul style="list-style-type: none"> • 2 games a day 	<ul style="list-style-type: none"> • FIBA Rules of the game • Pre-games meeting – 10mins • Classification games are a must • USSSA flow chart to be used • Walkover after 10minutes
3	Hockey	12	<ul style="list-style-type: none"> • 2 groups • 4 teams 	<ul style="list-style-type: none"> • 15 Minutes • Stopping Time • 3 Periods • 2 Mins/2period • 5 Minutes/2halves 	<ul style="list-style-type: none"> • 1 games a day 	<ul style="list-style-type: none"> • FIH Rules of the game • Pre-games Meeting – 10mins • Classification Games is a must • USSSA Flow Chart to be used • Walkover after 15minutes
4	Rugby 15s	16	<ul style="list-style-type: none"> • 4 Groups • 4 Teams • 2 Halves 	<ul style="list-style-type: none"> • 40 Mins each half • Stopping Time • 2 halves • 10 Mins rest 	<ul style="list-style-type: none"> • 1 Games A Day • 1 Rest Day 	<ul style="list-style-type: none"> • World Rugby Rules of the game • Pre-games Meeting – 10mins • Classification Games is a must • USSSA Flow Chart to be used • Walkover after 40minutes
5	Table tennis	24	<ul style="list-style-type: none"> • 4 Groups • 6 Teams 	<ul style="list-style-type: none"> • Team Events • Best of 3/5 sets • 1st to 11 points • Must win by 2pts • Groups/Knockout best 5 	<ul style="list-style-type: none"> • 2 Games A Day 	<ul style="list-style-type: none"> • ITTF Rules of the game • Pre-games Meeting – 10mins • Classification games are a must • ITTF Flow Chart to be used • Walkover after 15minutes
6	Badminton	24	<ul style="list-style-type: none"> • 4 Groups • 6 Teams 	<ul style="list-style-type: none"> • Singles & doubles • Best of 3/5 sets • 1st to 21 points • Must win by 2pts • Knock out best 5 	<ul style="list-style-type: none"> • 2 Games A Day 	<ul style="list-style-type: none"> • BWF Rules of the game • Pre-games Meeting – 10mins • Classification Games is a must • USSSA Flow Chart to be used • Walkover after 15minutes
7	Tennis	8	<ul style="list-style-type: none"> • 2 Groups • 4 Teams 	<ul style="list-style-type: none"> • Singles & doubles • Best of 3 groups • Must win by 2pts • Knock out best 5 	<ul style="list-style-type: none"> • 2 Games A Day 	<ul style="list-style-type: none"> • ITF Rules of the game • Pre-games Meeting – 10mins • Classification games are a must • USSSA Flow Chart to be used



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