

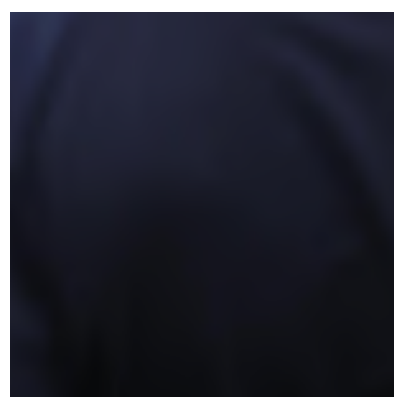
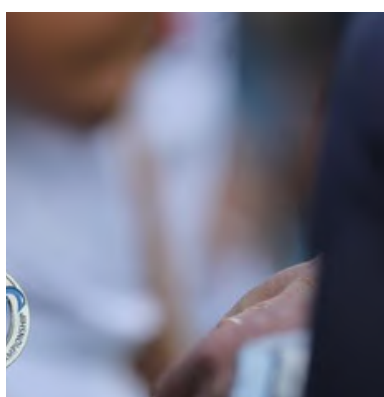
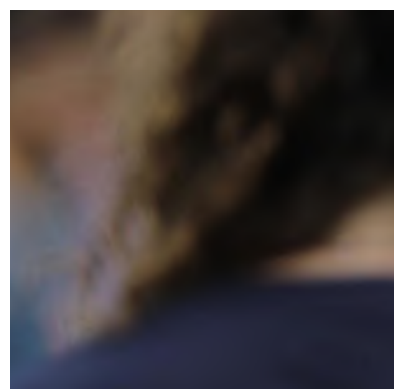
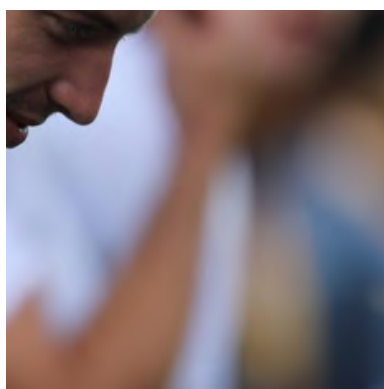
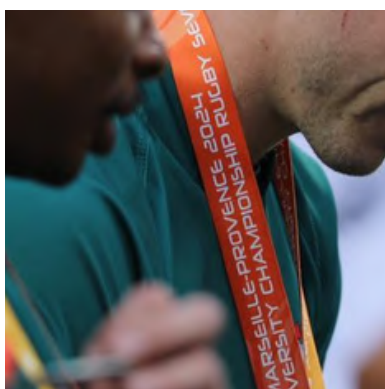
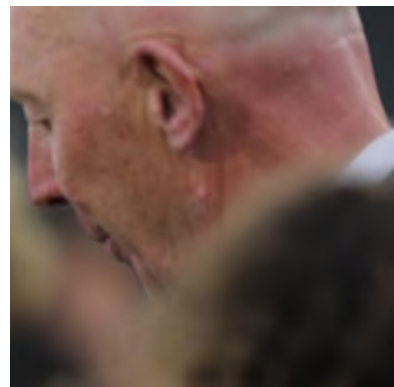
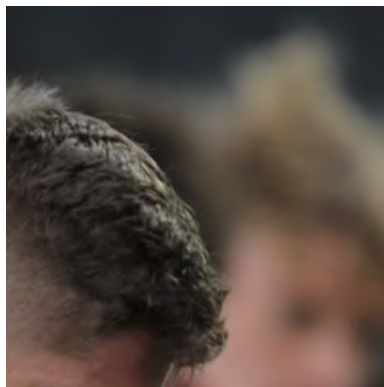


STELLENBOSCH 2026

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
RUGBY SEVENS

BULLETIN THREE

#Stellenbosch2026



From South Africa, Cape Town to the World: United Through University Sport



On behalf of University Sport South Africa (USSA) and Stellenbosch University, we extend our sincere appreciation to FISU for the privilege and trust placed in us to host the FISU World University Championship Rugby Sevens 2026.

We are immensely proud to welcome the participating nations to Stellenbosch. Nine men's and eight women's teams, representing 14 countries, will come together in a celebration of top-class 7s rugby, representing university sport, friendship and international connection.

Beyond the competition at our iconic Danie Craven Stadium, we invite our guests to experience historic Stellenbosch, the magnificent Cape Winelands and the vibrant atmosphere of our Coetzenburg sporting campus.

The Fan Zone will bring spectators together through food, music and entertainment, including the Springbok vs All Blacks clash on the big screen.

Importantly, this Championship is also about legacy. After receiving more than 500 applications, we have accepted 150 volunteers, who will be professionally trained and will contribute to the delivery of the championship, while the University Sport Leadership Summit with 100+ delegates will create a platform for dialogue on the future of university sport.

To FISU, USSA, our participating countries, partners, sponsors, volunteers and supporters: thank you for making this global celebration possible.

We look forward with great pride to welcoming you to Stellenbosch University.

Ilhaam Groenewald, LOC Chairperson

The teams are in!

We are delighted to confirm that 9 men's teams and 8 women's teams will be joining us for the 2026 FISU World Championships Rugby Sevens.



STELLENBOSCH 2026

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
RUGBY SEVENS

WOMEN'S TEAMS



South Africa
(Host)



Botswana



Japan



Canada



France



Australia



**United State
of America**



Ireland

The teams are in!

We are delighted to confirm that 9 men's teams and 8 women's teams will be joining us for the 2026 FISU World Championships Rugby Sevens.



STELLENBOSCH 2026

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
RUGBY SEVENS

MEN'S TEAMS



South Africa
(Host)



Chile



Mexico



Australia



Zimbabwe



Argentina



Uganda



Norway



Japan

The Draw

We are expecting non-stop, high-intensity sevens action over 3 days as teams face-off for the 2026 FISU World University Championship Rugby Sevens title.

MEN'S DRAW RESULTS

Group Stage • Official Draw



STELLENBOSCH 2026

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
RUGBY SEVENS

GROUP A

A1 **South Africa**

Africa • RSA

A2 **Chile**

Americas • CHI

A3 **Norway**

Europe • NOR

GROUP B

B1 **Japan**

Asia • JPN

B2 **Uganda**

Africa • UGA

B3 **Mexico**

Americas • MEX

GROUP C

C1 **Argentina**

Americas • ARG

C2 **Australia**

Oceania • AUS

C3 **Zimbabwe**

Africa • ZIM

WOMEN'S DRAW RESULTS

Group Stage • Official Draw



STELLENBOSCH 2026

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
RUGBY SEVENS

GROUP A

A1 **South Africa**

Africa • RSA

A2 **Japan**

Asia • JPN

A3 **France**

Europe • FRA

A4 **United States**

Americas • USA

GROUP B

B1 **Ireland**

Europe • IRL

B2 **Canada**

Americas • CAN

B3 **Australia**

Oceania • AUS

B4 **Botswana**

Africa • BOT

Fixtures

The fixtures can be seen on Padlet.

View padlet: <https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>

Training Schedule

The training schedule will be updated and available on Padlet at the start of the competition week.

View padlet: <https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>

Programme

Rugby Sevens is the primary reason for us gathering but we have made sure that all participants, guests and fans are well kept, nourished and entertained throughout the championship week.

A dedicated Fan Zone outside the stadium will cater for all spectator needs with a chill area, music, drinks & food stalls - and a big screen where all participants, guests and ticket holders are invited to witness the Springbok vs All Blacks clash on Saturday, September 5 at 5pm!

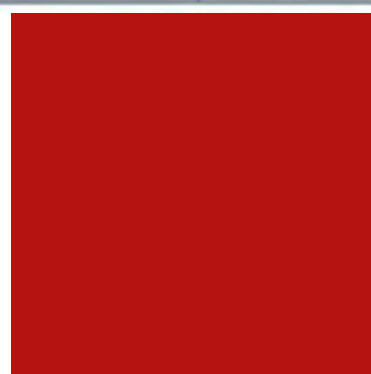
Any updates to the programme can be found on Padlet:
<https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>



2026 FISU WORLD UNIVERSITY CHAMPIONSHIP RUGBY SEVENS

PROGRAMME

DATE	TIME	ACTIVITY	VENUE
TUESDAY, 01 SEPTEMBER 2026		Team Arrivals	Cape International
		Hotel Registrations	Protea Hotel Stellenbosch
	08:00 - 16:00	Training (Schedule TBC)	Coetzenburg Competition Grounds
	12:00 - 14:30	Lunch	Coetzenburg Dining Venue
	17:00 - 19:30	Dinner	Coetzenburg Dining Venue
WEDNESDAY, 02 SEPTEMBER 2026	08:00	Team Arrivals	Cape International
		Hotel Registrations	Protea Hotel Stellenbosch
	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	08:00 - 16:00	Training (Schedule TBC)	Coetzenburg Competition Grounds
	12:00 - 14:30	Lunch	Coetzenburg Dining Venue
	17:00 - 19:30	Dinner	Coetzenburg Dining Venue
THURSDAY, 03 SEPTEMBER 2026		Arrivals	Cape International
		Hotel Registrations	Protea Hotel Stellenbosch
	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	10:00 - 16:00	Competition Registration	Coetzenburg Centre
	08:00 - 14:00	Training (Schedule TBC)	Coetzenburg Competition Grounds
	12:00 - 14:30	Lunch	Coetzenburg Dining Venue
	16:00 - 18:00	General Technical Meeting / Team Managers' Meeting	Lecture Hall B (Sport Science Bldg @ Coetzenburg)
	18:00 - 19:00	Opening Ceremony	Danie Craven Stadium
	19:00 - 20:30	Dinner	Coetzenburg Dining Venue
	19:00 - 22:00	VIP Welcome Function	Die Stal Coetzenburg
FRIDAY, 04 SEPTEMBER 2026	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	09:30 - 13:00	Fixtures	Danie Craven Stadium
	13:00 - 13:30	Lunch	Coetzenburg Centre
	13:30 - 16:10	Fixtures	Danie Craven Stadium
	17:00 - 19:30	Dinner	Coetzenburg Centre
SATURDAY, 05 SEPTEMBER 2026	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	09:30 - 12:20	Fixtures	Danie Craven Stadium
	12:20 - 12:50	Lunch	Coetzenburg Centre
	12:50 - 16:10	Fixtures	Danie Craven Stadium
	17:00 - 19:30	Dinner	Coetzenburg Centre
	17:00 - 21:00	Fan Zone - Test Match Live Screening	Coetzenburg Fan Zone
SUNDAY, 06 SEPTEMBER 2026	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	09:30 - 12:45	Fixtures	Danie Craven Stadium
	12:45 - 13:15	Lunch	Coetzenburg Centre
	13:15 - 17:35	Fixtures	Danie Craven Stadium
	18:00 - 18:30	Medal Ceremony	Danie Craven Stadium
	18:30 - 21:00	Social Braai (Barbeque)	Coetzenburg Fan Zone
MONDAY, 07 SEPTEMBER 2026	06:00 - 09:30	Breakfast	Protea Hotel Stellenbosch
	TBC	Team Departures	Hotel/Airport



Medical must know!

It is compulsory that all participants complete the medical history form, detailing any pre-existing medical conditions, injuries, allergies, etc prior to arrival. This has been mailed to all team managers.

We have ensured that we are compliant with all regulations regarding medical needs of participants during the competition. Note that our services deal with acute event medical matters only - no medical treatment for anything outside of championship event. Dental, physiotherapy treatments and pharmacy stock are for the account of each delegation. Also note that no foreign medical practitioner may treat a patient in South Africa.

As per FISU regulations each delegation must ensure sufficient travel and medical insurance cover for all eventualities medical and otherwise.

ON SITE MEDICAL SUPPORT	 DOCTOR	 NURSE	 RUGBY FIRST AIDER LEVEL 3	 BLS	 ILS	 ALS	 ILS AMBULANCE	 ALS AMBULANCE
 DINING HALL				1				
 TEAM ROOM					1			
 TRAINING				1				1
 MATCH DAYS	1	1	2					1
 GOLF CART			2					
 SPECTATORS DANIE CRAVEN					1		1	
 VENDORS VILLAGE				1				
 TEST MATCH – STREAMING				1	1		1	
 VOC							1	
 SOCIAL BRAAI				1	1		1	
 MATCH DAYS WARM-UP FIELD			1					
 MATCH DAYS TRAINING			1					

Emergency & additional Service Providers

HOSPITAL CONTACTS

Emergency care facilities & key numbers

STELLENBOSCH • MEDICAL SUPPORT



	Stellenbosch Mediclinic 021 861 2000	DISTANCE 3.3 km	HELIPAD No
	Stellenbosch Provincial 021 808 6100	DISTANCE 1.3 km	HELIPAD No
	Vergelegen Mediclinic 021 850 9000	DISTANCE 22 km	HELIPAD No
	Vincent Pallotti Hospital 021 506 4000 / 5111	DISTANCE 45 km	HELIPAD Yes
	Tygerberg Hospital 021 938 4911 (trauma)	DISTANCE 41 km	HELIPAD Yes
	Grootteschuur Hospital 021 404 4112 (trauma)	DISTANCE —	HELIPAD —
	Kuilsrivier Netcare 021 900 6000	DISTANCE 22 km	HELIPAD —
	Netcare Blouberg 021 554 9000	DISTANCE 59 km	HELIPAD Yes
	Paarl Hospital 021 860 2500	DISTANCE 35.5 km	HELIPAD No
	Paarl Mediclinic 021 807 8000	DISTANCE 36.3 km	HELIPAD No

For urgent medical assistance, contact emergency services immediately.

In the event of a serious life-threatening injury (head/neck) an advanced life support ambulance will be called; this will be an additional cost. Certain medical consumables deemed necessary to be used by medical doctors at the competition will be invoiced as separate additional cost.

Emergency & additional Service Providers

EMERGENCY SERVICES
Ambulance & paramedic contact numbers
STELLENBOSCH • MEDICAL SUPPORT





CONTROL ROOM
112 / 10177
Emergency control room



ER24
084 124
Ambulance / paramedic services



NETCARE
082 911
Ambulance / paramedic services

CALL FIRST • GIVE YOUR LOCATION • STAY CALM

Use emergency services for urgent medical situations.

PHARMACIES
Nearby pharmacies & operating hours
STELLENBOSCH • MEDICAL SUPPORT





Stelkor
34 Piet Retief St
021-883 3162 / 079 279 6268
Fri: 8am-8pm
Sat: 8:30am-1pm & 5pm-8pm
Sun: 10am-12pm & 6pm-8pm



Stelkor Helshoogte
021-809 5440
Fri: 8:30am-7pm
Sat: 8:30am-1pm
Sun: 10am-1pm



Dis-Chem Eikestad Mall
021-883 3162 / 079 279 6268
Fri: 9am-6pm
Sat: 9am-5pm
Sun: 9am-2pm



M-Kem 24-hour Pharmacy
25 km
021 948 5706
Open 24/7

Pharmacy information supplied in the medical support contact list.



The hotel is also compliant in terms of emergency medical responses, and will ensure that participants are transferred to local hospitals should the need arise. The area in and around Stellenbosch is serviced by numerous private and state hospitals.

Anti-doping & Testing

FISU and USSA are committed to drug-free sport. Testing will be carried out during the competition to ensure this.

For detailed information regarding FISU anti-doping regulations, the international Standard for Therapeutic Use Exemptions (TUE process), and the current Banned Substance List, as well as all updates and further emergency plan information go to Padlet:

<https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>

Security

Your safety is a priority during your stay with us. While we have taken thorough steps to ensure a safe space at your accommodations and at the championship grounds, you will need to apply sensible precautions for your personal safety if travelling or exploring away from Coetzenburg.

For personal tourist safety visit: [Cape Town Tourism](#) and [Western Cape Government](#)

At the grounds:

- Participants, team officials, technical officials, FISU officials, VIPs, media, suppliers, volunteers and event staff must produce the official FISU accreditation (available at registration).
- The grounds are divided into zones, and accreditation cards will determine access to these zones, some of which are restricted (such as officials rest area, the player rest area, training and warm up fields and change rooms).
- There is a controlled team drop-off area.



At the hotel:

- Dedicated security liaison between Protea Hotel Stellenbosch management, event security and SA Police Services.
- Security presence at the hotel's main access points during the FISU operational period, and controlled access to the team accommodation areas. No unauthorised visitors permitted to access team accommodation areas.

What to expect

Registration

Registration for teams, officials and guests

Registration for all participants will take place in the Coetzenburg Centre on Thursday September 3 from 10am to 4pm.

Wrist bands will be provided to early arrivals before the official registration day to enable access.

Catering

All participants will be well sustained through carefully-considered, nutritionally-appropriate daily menus during the competition period.

Lunches will provide an estimated 700 – 800 calories/ 35 - 42g protein/ 90 - 110g carbohydrates/ 22 - 30g fat per serving.

Dinners will provide approximately 900 – 1 000 calories/40 - 48g protein/ 115 – 135g carbohydrates/ 28 - 38g fat per serving.

For daily menus, see Padlet: <https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>

Breakfasts will be at the hotel, and lunches and dinner will be provided in the dining venue at Coetzenburg Centre at times detailed in the programme.

VIPs will dine in Die Stal at the Coetzenburg grounds.

Stellenbosch abounds with fine restaurants. Those wishing to explore these options will do so at their own costs, and arrange own transport.

Accommodations

Players, coaches and team support will stay at the Protea Hotel Stellenbosch, a 10-minute shuttle drive from the competition grounds.

Rooms offer superior beds and bedding, en-suite bathrooms, charging ports, wi-fi, and a TV. The complex has an outdoor pool and seating area, as well as a restaurant.

What to expect [Cont..]

Transport

Teams and guests will be met upon arrival at Cape Town International Airport and transported by dedicated bus to their accommodation in Stellenbosch, approximately 40 minutes away.

At the conclusion of the championship, all participating teams, officials and guests will be transported from their accommodation back to Cape Town International Airport for their onward journeys.

From arrivals on Monday, August 31, a shuttle service will operate between the Protea Hotel Stellenbosch and the competition grounds.

Schedules to be shared on Padlet: <https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>

Access to this shuttle/bus service will be solely for persons with the accredited FISU ID tags.

Managers are responsible for team head-counts on transport before departure.

The town centre is in walking distance from the competition venue. If visiting restaurants at night, it is advisable to use e-hailing services. Uber Black is recommended.

For visits outside of Stellenbosch, self-drive car hire, e-hailing transport or tour operator transport are recommended.

Volunteer assistance

We have 150 trained and enthusiastic volunteers to guide you through your week with us. Armed with information, they will point you in the right direction, assist to make sure you have what you need, and generally make you feel welcome.

We will also provide real-time communication through Padlet.

Cultural sites and tours

The championship is being held in the heart of the Western Cape winelands, surrounded by mountains, natural beauty and numerous wine farms offering restaurants and tasting experiences. In South Africa, the legal age for alcohol is 18 years. The law for driving and alcohol is 0%! So, best make use of e-hailing if this is your pleasure.

Stellenbosch, a university town, is the third-oldest in South Africa and is filled with historic Cape Dutch architecture, galleries, museums and history. Within an hour's drive you can also come face to face with Lions in sanctuaries for rescued captive-born big cats, explore the historical towns of Paarl with its giant granite boulders (second largest in the world) and Franschhoek that was home to the French Huguenot settlers and which is now rated South Africa's culinary capital offering Michelin-level dining.

A trip to Cape Town centre and the Peninsula will provide you with iconic sights and a variety of unforgettable experiences – like swimming with penguins, taking the cable car to the top of Table Mountain, or looking down on the line where the Indian and Atlantic Oceans meet at Cape Point. For these and local tours, we recommend that you check in with Visit Stellenbosch. Go to <https://www.visitstellenbosch.org/>

Services for players and support teams

Back to the main reason for your being here: playing rugby sevens! We have numerous services in play to ensure players get the best treatment and preparation for their game.

Teams' Rest Area

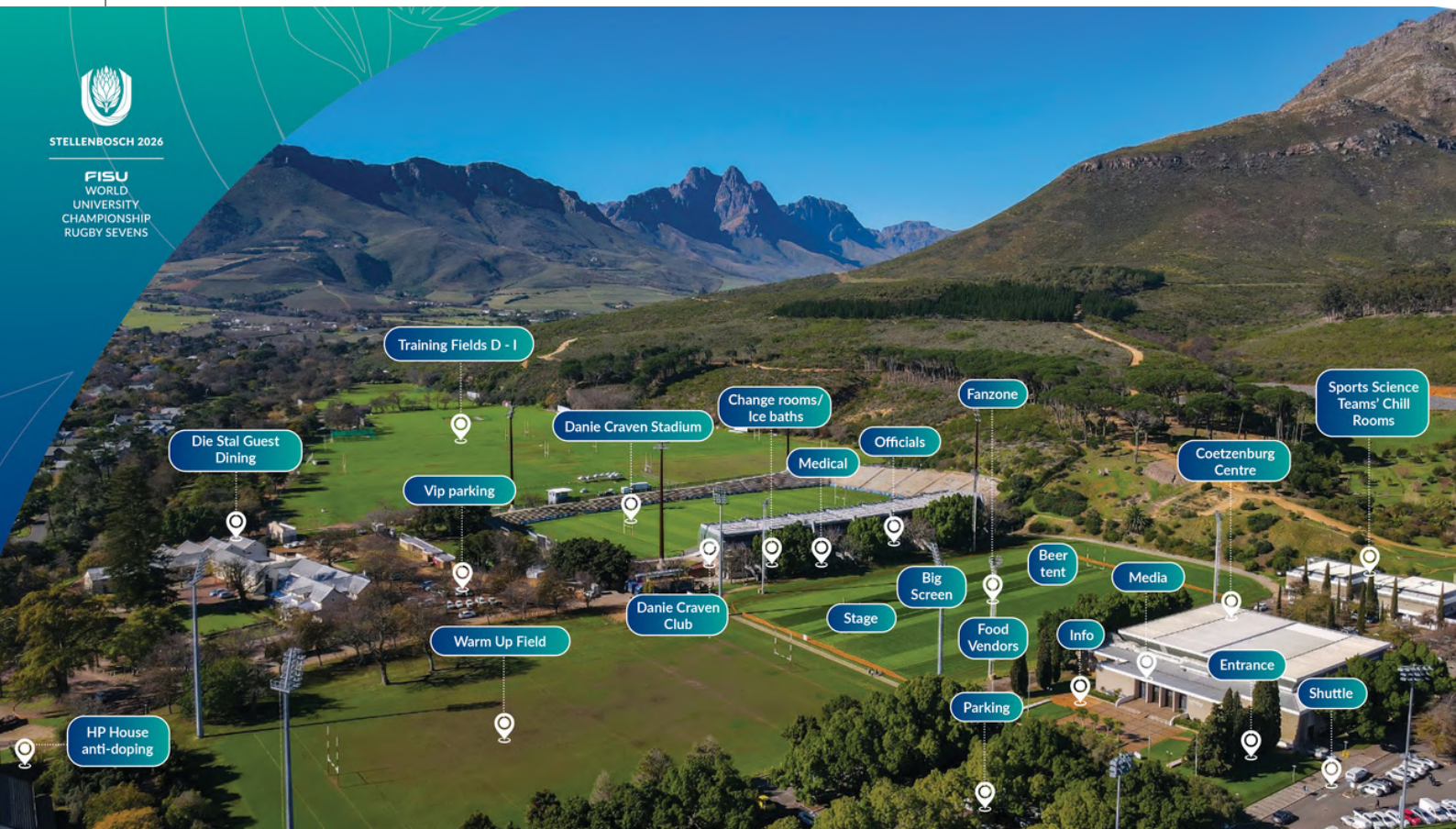
The Fan Zone is open to everyone and inside the Coetzenburg Dining venue, players can enjoy some downtime in the chill area. However, private space is also provided for teams within the Sports Science Building on the Coetzenburg Grounds.

Ice baths

These are located in the change room area within the stadium for use after matches.



Services for players and support teams



Medical area

A demarcated area is set up at the stadium to immediately deal with any emergencies during matches, and as stand-by for guest, staff and the public. See medical section.

Training and Warm-up areas

Training will take place on the 6 fields behind the Stadium and pre-match warm up will take place on the C-field.

Laundry services

This service will be for training and playing kit only and operates between September 1 and 5. Drop off will be at the Coetzenburg Centre. Personal laundry needs to be done through the hotel at own cost.

What to bring with you

Clothing for all seasons and reasons

September is Springtime in the winelands, but world weather is a little unpredictable these days.

Temperatures for the week should be mild with temperatures ranging between 13 deg C and 24 deg C, mostly sunny with just a sprinkling of rain.

It is essential to bring clothing that can be layered, good, walking shoes for the competition grounds (mainly sports fields), and a rain jacket or rain poncho.

Official team apparel will be required for the Opening Ceremony and Medal Ceremony.

Bring your own reusable water bottles

We have water fountains around the competition ground. You will be able to refill at these stations at any time, using your own water bottle. Being environmentally conscious, we will not be providing bottled water for general use. Bottled water will be provided to teams during matches only.

Bug creams, insect repellent and allergy meds

Our sun is harsh, so sunscreen Factor 50 is essential.

We live in the largest and most dense flowering plant region on earth, and given that it is spring, those who suffer from pollens may want to bring antihistamines – players need to check medications against anti-doping regulations.

We are a malaria-free area, but mosquitos can still give you itchy bites. Insect-repellent is advisable.

Electronics

South Africa uses a standard voltage of 230V (50Hz). The dominant electrical outlet is the large three-round-prong Type M (SANS 164-1), though the hexagonal Type N (SANS 164-2 / ZA Plug) is mandatory in new buildings, and two-pin Type C. Best to bring an international multi-adaptor for your chargers, laptops and other devices. It is also advisable to bring a power bank because charging points on the competition ground are limited.



Communications & streaming

Wi-Fi

The hotels and competition grounds have wi-fi to enable you to connect to Padlet, and stay connected with home.

Padlet

Padlet is an online software platform that functions as a digital bulletin board that can be used from your phone, laptop or tablet. It will contain all important information about the competition, the programme, fixtures, results, and links to relevant sites.

We will also communicate with you in real time with notices, alerts and general updates.

Streaming and updates

The games will be streamed through FISU's online platform (but nothing beats being a part of the live action – so get your tickets).

- Click [here](#) to watch the livestream
- Click [here](#) to access photos and highlights.
- Click [here](#) to get all the results.

For all information and further updates, follow the event on Facebook and Instagram @FISURugby7s, visit the [event's website](#) or follow FISU's social outlets @FISU or, follow us on Maties Sport and Maties Rugby social media platforms for fixtures and the full programme.

Your access to real time updates on Padlet: <https://padlet.com/shaunfeb/fisu-7s-championship-2026-y2dkhg7h3u54ip9>





Connect With us!



FISURugby7s@ussa.org.za



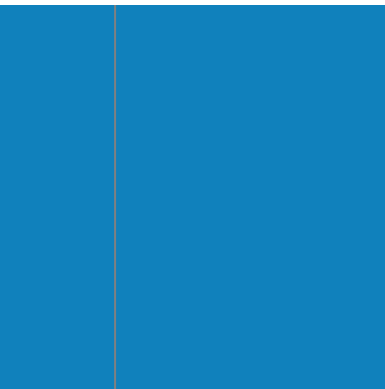
2026 FISU World University Championship Rugby Sevens



@fisurugby7s

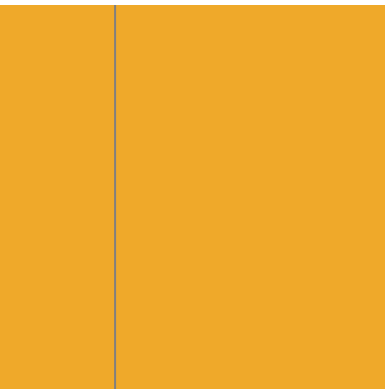


<https://rugbysevens2026.fisu.net>



STELLENBOSCH 2026

FISU
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CHAMPIONSHIP
RUGBY SEVENS



#Stellenbosch2026