

MATCH SCHEDULE - DAY 1 (28/03/2026) @King's Park Sports Ground

USFHK RUGBY SEVENS COMPETITION 2025-2026 (DAY 1)						
MATCH	TIME	POOL	TEAM 1	v	TEAM 2	RESULT
Match 1	9:00	Men's A	PolyU	vs	HKUST	33 : 0
Match 2	9:25	Men's A	HSUHK	vs	HKBU	0 : 31
Match 3	9:50	Men's A	CUHK	vs	HKMU	17 : 7
Match 4	10:15	Men's B	HKU	vs	LU	41 : 0
Match 5	10:40	Men's B	HKSJU	vs	CityUHK	0 : 69
Match 6	11:05	Men's B	EdUHK	vs	VTC	33 : 7
Match 7	11:30	Women's B	PolyU	vs	EdUHK	5 : 21
Match 8	11:55	Women's B	HKBU	vs	HKUST	37 : 0
Match 9	12:20	Men's A	HSUHK	vs	PolyU	0 : 34
Match 10	12:45	Men's A	HKUST	vs	CUHK	19 : 7
Match 11	13:10	Men's A	HKMU	vs	HKBU	7 : 10
Match 12	13:35	Women's A	CityUHK	vs	HKSJU	57 : 0
Match 13	14:00	Women's A	VTC	vs	HKU	0 : 29
Match 14	14:25	Men's B	HKSJU	vs	HKU	0 : 38
Match 15	14:50	Men's B	LU	vs	EdUHK	0 : 21
Match 16	15:15	Men's B	VTC	vs	CityUHK	0 : 57
Match 17	15:40	Women's B	HKBU	vs	PolyU	17 : 0
Match 18	16:05	Women's B	HKUST	vs	CUHK	0 : 58
Match 19	16:30	Women's A	HKU	vs	CityUHK	0 : 19
Match 20	16:55	Women's A	HKSJU	vs	VTC	10 : 17
Match 21	17:20	Men's A	HKMU	vs	PolyU	0 : 34
Match 22	17:45	Men's A	HKBU	vs	CUHK	12 : 7
Match 23	18:10	Men's A	HKUST	vs	HSUHK	36 : 0
Match 24	18:35	Men's B	VTC	vs	HKU	0 : 15
Match 25	19:00	Men's B	CityUHK	vs	EdUHK	38 : 7
Match 26	19:25	Men's B	LU	vs	HKSJU	12 : 0

MATCH SCHEDULE - DAY 2 (29/03/2026) @King's Park Sports Ground

USFHK RUGBY SEVENS COMPETITION 2025-2026 (DAY 2)						
MATCH	TIME	POOL	TEAM 1	v	TEAM 2	RESULT
Match 27	9:00	Women's B	EdUHK	vs	CUHK	10 : 22
Match 28	9:25	Women's B	HKUST	vs	PolyU	0 : 20
Match 29	9:50	Women's A	HKU	vs	HKSYU	34 : 0
Match 30	10:15	Women's A	VTC	vs	CityUHK	7 : 54
Match 31	10:40	Men's A	HKBU	vs	HKUST	7 : 19
Match 32	11:05	Men's A	PolyU	vs	CUHK	12 : 5
Match 33	11:30	Men's A	HSUHK	vs	HKMU	0 : 22
Match 34	11:55	Women's B	CUHK	vs	HKBU	5 : 26
Match 35	12:20	Women's B	HKUST	vs	EdUHK	0 : 20
Match 36	12:45	Men's B	CityUHK	vs	LU	46 : 0
Match 37	13:10	Men's B	HKU	vs	EdUHK	21 : 14
Match 38	13:35	Men's B	HKSYU	vs	VTC	0 : 34
Match 39	14:00	Women's B	PolyU	vs	CUHK	5 : 26
Match 40	14:25	Women's B	EdUHK	vs	HKBU	5 : 15
Match 41	14:50	Men's A	HKMU	vs	HKUST	12 : 7
Match 42	15:15	Men's A	CUHK	vs	HSUHK	41 : 0
Match 43	15:40	Men's A	PolyU	vs	HKBU	12 : 28
Match 44	16:05	Men's B	VTC	vs	LU	19 : 5
Match 45	16:30	Men's B	EdUHK	vs	HKSYU	24 : 0
Match 46	16:55	Men's B	HKU	vs	CityUHK	7 : 38

MATCH SCHEDULE - DAY 3 (04/04/2026) @King's Park Sports Ground

USFHK RUGBY SEVENS COMPETITION 2025-2026 (DAY 3)						
MATCH	TIME	POOL	TEAM 1	v	TEAM 2	RESULT
Match 47	9:30	M9-12SF	HKMU	VS	HKSYU	
Match 48	9:55	M9-12SF	LU	VS	HSUHK	
Match 49	10:20	M5-8SF	HKUST	VS	VTC	
Match 50	10:45	M5-8SF	EdUHK	VS	CUHK	
Match 51	11:10	W5-8SF	VTC	VS	PolyU	
Match 52	11:35	W5-8SF	EdUHK	VS	HKSYU	
Match 53	12:00	M1-4SF	HKBU	VS	HKU	
Match 54	12:25	M1-4SF	CityUHK	VS	PolyU	
Match 55	12:50	W1-4SF	CityUHK	VS	CUHK	
Match 56	13:15	W1-4SF	HKBU	VS	HKU	
Match 57	13:40	M11/12F				
Match 58	14:05	M9/10F				
Match 59	14:30	M7/8F				
Match 60	14:55	M5/6F				
Match 61	15:20	W7/8F				
Match 62	15:45	W5/6F				
Match 63	16:10	MBF				
Match 64	16:35	WBF				
Match 65	17:00	MCF				
Match 66	17:25	WCF				