



FEDERAÇÃO PORTUGUESA
DE DESPORTO PARA PESSOAS
COM DEFICIÊNCIA

PORTUGAL CUP WHEELCHAIR RUGBY

4-a-side | 5-a-side

Competition Regulations



September 2026





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1. Introduction

Wheelchair Rugby is a Paralympic sport and a priority area for the FPDD; it has experienced sustained growth in Portugal through the promotion of talent identification training camps. This growth has also been driven by the creation of development centers designed to recruit new athletes and ensure opportunities for regular practice.

In 2022, the FPDD organized the 1st Jogos Santa Casa Wheelchair Rugby Championship, targeting the two development hubs established at the time, enabling them to incorporate this competition into their organizational structures and sporting calendars.

In 2023, the FPDD continued its investment with the aim of developing the sport and its players, recruiting new participants, increasing visibility, and attracting more sponsorships. To this end—and to expand sporting opportunities for people with physical disabilities while boosting the competitiveness of wheelchair rugby athletes—the FPDD organized the 1st Jogos Santa Casa Wheelchair Rugby Portugal Cup, featuring both the Wheelchair Rugby 4 (WR4) and Wheelchair Rugby 5 (WR5) formats. The latter format is currently being developed internationally, holding particular significance in the United Kingdom. Building on the goal of sustained growth for the sport in Portugal, the FPDD held the competition in both formats (WR4 and WR5) again in 2024 and 2025, and will consequently host the 2026 edition.

The “Portugal Cup Wheelchair Rugby” represents another developmental milestone within the Portuguese landscape, enabling competition against countries where the sport is more advanced, thereby facilitating the acquisition of greater knowledge and practical experience in the game.



2. Participation

The participation in the Portugal Cup Wheelchair Rugby is open to all national and international clubs/associations, in either category (4-A-SIDE and 5-A-SIDE formats).

3. Organising Entities

FPDD is the governing body for the sport in Portugal, acting as its national representative recognised by the Portuguese Paralympic Committee and affiliated with the international body, World Wheelchair Rugby (WWR). It is responsible for the governance of the sport in relation to national and international competitions.

FPDD is responsible for organising the competition, including providing the logistics and sporting facilities.

4. Competition Schedule and Venue

The “Portugal Cup Wheelchair Rugby 2026” will be held in both formats.

The competition will be held in a group stage/knockout format on a date previously determined and announced by the FPDD.

The competition schedule will be published after the registration applications have been received and validated.

The competition venue will be determined and announced in advance by FPDD.



5. Competition Structure and Format

The “Portugal Cup Wheelchair Rugby 2026” (4-A-SIDE) will be played in a round-robin format.

The “Portugal Cup Wheelchair Rugby 2026” (5-A-SIDE) will be played in a format comprising a group stage and knockout rounds (3rd/4th place match and final).

Teams will advance to the next stage based on their ranking in the group stage (the teams finishing 1st and 2nd will advance to the final, while the teams finishing 3rd and 4th will play the match to determine 3rd and 4th place).

Points are awarded as follows: 2 points for a win and 0 points for a loss. Matches cannot end in a draw (successive 3-minute overtime periods are played until a winner is determined). Standings are based on the highest number of points obtained.

Tie-breaking criteria within the group (for both tracks – RCR 4 and RCR 5):

- 5.1.1.** Head-to-head record.
- 5.1.2.** Greatest difference between tries scored and conceded (try average) in group stage matches.
- 5.1.3.** Highest number of tries scored.
- 5.1.4.** If the tie between teams persists, an extra 3-minute overtime period will be played to determine the winner of the tie-breaker. Should the tie remain at the end of the first overtime period, additional overtime periods will be played until the tie is broken. These additional overtime periods will last 3 minutes, with a 2-minute interval between each period.

6. Registration

Team player registrations must be submitted to FPDD by the deadline previously announced by FPDD.

At the time of registration, each player participating in the competition must have valid sports insurance and a valid sports medical examination for the relevant season.

For athletes who do not have sports insurance, insurance may be obtained through the insurer with which FPDD holds the current policy; the cost shall be borne by the athletes/clubs.

Athletes who already have valid sports insurance through their Club will be covered by that insurance, provided that this is duly documented with FPDD.

Athletes who participate in more than one sport during a sporting season must have the sports in which they participate recorded on their sports medical examination, with a positive indication of sporting fitness.

Athletes who do not yet have a sports medical examination are not required to have it carried out at Sports Medicine Centres, as they are not high-performance athletes; the examination may therefore be carried out by clinicians from other healthcare entities, provided that the examination results are completed and recorded on the current form for sports medical examinations:

https://ipdj.gov.pt/documents/20123/159879/modelo_v0_9+%281%29.pdf/bf2f2540-c04a-4cdd-d02b-222e0cd884c0?t=1587382664561.

For athletes over 35 years of age, the requirements for a general sports medical assessment examination must be observed, except where, by medical decision, special or supplementary medical examinations are required.



7. Team Composition

As this is a competition focused on attracting participants to and promoting Wheelchair Rugby, team composition shall comply with the eligibility and classification rules of the International Wheelchair Rugby Federation – WWR, with the following exceptions:

7.1 4-A-SIDE Format

1. Each team may have a maximum of twelve (12) members, including players and technical staff, all of whom must be registered and enrolled with FPDD, with their respective roles.
2. In matches, teams shall consist entirely of eligible female and male athletes, in accordance with the Rules of the International Wheelchair Rugby Federation – WWR for the 4-A-SIDE format, with their Sport Classification duly validated by FPDD.
3. The maximum total of eight (8) points, in accordance with the WWR Rules, shall be observed for the players on court, with the appropriate additional allowance for female players. For each female player on court classified from 0.5 to 1.5, the team will receive 0.5 additional points, in addition to the team's eight (8) points. For each female player on court classified from 2.0 to 3.5, the team will receive 1 additional point, in addition to the team's eight (8) points).

7.2 5-A-SIDE Format

1. Each team may have a maximum of twelve (12) members, including players and technical staff, all of whom must be registered and enrolled with FPDD, with their respective roles.



2. In matches, teams shall consist entirely of eligible female and male athletes, in accordance with the Rules of the International Wheelchair Rugby Federation – WWR for the 5-A-SIDE format (these are set out in section 8 – Eligibility).
3. The maximum total of ten (10) points, in accordance with the Rules, shall be observed.

8. Player Eligibility and Classification

8.1 4-A-SIDE Format

- a) According to the Player Eligibility and Classification Rules of the International Wheelchair Rugby Federation – WWR, eligible players are those with the following classifications: 0.5; 1.0; 1.5; 2.5; 3.0; 3.5;
- b) All players classified in previous national or international competitions sanctioned by WWR retain their classification.
- c) If a player does not have a classification, the player's classification is proposed by the teams at registration. Classifiers will be present at the competition and may issue proposals to change the classification, which will take immediate effect.
- d) Players must cooperate with the Medical-Sport Classification process, including by undertaking tests or providing documentation.
- e) For a player to change classification, they must provide new medical information to support a change in classification.
- f) If a player disagrees with their classification, they may request a national classifiers' panel and will retain their classification until reclassification takes place. This Panel request requires a €100 deposit, which will be refunded only if the reclassification results in a lower classification than the one assigned.



8.2 5-A-SIDE Format

The eligibility criteria for competing in this format are intended to make the sport open to any person with a physical disability.

5-A-SIDE eligibility is determined according to the following criteria:

- a) An individual must have a permanent impairment that reduces the function of the lower or upper limbs to a degree that they cannot run, turn, throw, catch or jump at speed and with the control, safety, stability and endurance required to play regular Rugby.
- b) An individual's impairment must be such that it can be objectively verified by a recognised medical practitioner.
- c) An individual with joint prostheses in the lower limbs must provide confirmation of the relevant surgery in the form of a written statement from their family doctor, who must confirm long-term loss of function and a physical impairment for competition.
- d) An individual who has undergone a limb amputation must meet the minimum eligibility requirement to qualify to play 5-A-SIDE, which is removal of, or significant damage/deformity to, the first ray of the foot or hand (the first ray refers to removal of or damage to the metatarsals (foot) and/or metacarpals (hand)).
- e) In the case of a leg-length discrepancy, the minimum eligibility requirement for playing 5-A-SIDE is a 6 cm difference in leg length measured from the greater trochanter to the ground on a standing X-ray.
- f) An individual with a mental health condition is not eligible to play 5-A-SIDE unless they also have an impairment that meets the criteria for eligibility to play.
- g) The following conditions are considered ineligible conditions:
 - Hypermobility
 - Mental health conditions
 - Respiratory disease



h) Exceptionally, one non-disabled player per team will be permitted, and that player will be assigned the maximum classification.

- Players with a national classification in 4-A-SIDE will use that classification to determine their 5-A-SIDE classification.

For players who do not have a national 4-A-SIDE classification, classification will be made by self-declaration at the time of registration.

At the time of registration, coaches must attach a description of the functionality of any player without a national 4-A-SIDE classification and then determine the most appropriate classification for their players.

The classifiers' team will review all forms received to verify the self-declared classifications of players who are not classified for 4-A-SIDE. If the classifiers' team requires further information to support a proposed classification, this will be requested. If the classification remains disputed before the competition, the player will be assessed.

For a player to change classification, they must provide new medical information to support a change in classification.

If a player disagrees with their classification, they may request a national classifiers' panel and will retain their classification until reclassification takes place. This Panel request requires a €100 deposit, which will be refunded only if the reclassification results in a lower classification than the one assigned.

5-A-SIDE Sport Classification

0.5 = Current 0.5–1.5 players classified under the national 4-A-SIDE classification

1.0 = Current 2.0–3.5 players classified under the national 4-A-SIDE classification



1.5 = Players with a physical impairment affecting both lower limbs and one upper limb.

2.0 = Impairment affecting both lower limbs.

3.0 = Impairment affecting one lower limb, or other impairments that make the athlete unable to stand or walk without assistance.

4.0 = Players with a diagnosed pain-related impairment, which may include the following:

- Chronic Pain Disorder
- Complex Regional Pain Syndrome
- Fibromyalgia
- Functional Movement Disorders
- Non-disabled player

9. Playing Rules

9.1 4-A-SIDE Format

Matches will be played in an indoor sports hall on a court with official dimensions of 28 m in length by 15 m in width, in accordance with the WWR Official Rules in force in 2026, available at <https://worldwheelchair.rugby/wp-content/uploads/2025/02/241223-Wheelchair-Rugby-International-Rules-WWR-FINAL.pdf>

Matches will have a total duration of 24 timed minutes, divided into four (4) periods of 6 minutes, with three (3) breaks: two (2) two-minute breaks after the first and third periods and one five-minute (5) break at the end of the second period.



9.2 5-A-SIDE Format

The rules for 5-A-SIDE (<https://worldwheelchair.rugby/wp-content/uploads/2024/01/Rugby-5-Rule-Variation-Portuguese.pdf>) follow the same rules as 4-A-SIDE, with the following exceptions: <https://worldwheelchair.rugby/wp-content/uploads/2024/01/Rugby-5-Rule-Variation-Portuguese.pdf>

- Teams shall consist of 5 players on court, with a maximum of 8 players per team.
- The total classification points on court shall be a maximum of 10 points.
- The 5-A-SIDE classification system set out in this document shall be used.
- Each match is played in 2 halves of 12 minutes, with a 2-minute interval.
- Playing time is continuous, with only the final 2 minutes of each half being timed; that is, during the first 10 minutes of each half there are no clock stoppages, except for time-outs or at the referee's discretion.
- The 0.5-point allowance for female athletes shall not apply.

10. Materials and Equipment

Teams shall be responsible for the materials and equipment they require to play a match, such as:

- Appropriate clothing, including:
 - Numbered playing jerseys identifying the team; the home team is responsible for providing an alternative kit if its colours clash with those of the opponents; Trousers or shorts of the same colour for all team members;
 - Uniform and identifiable clothing for the team's technical staff



- Bib/vests for substitute players
- Mechanical support equipment for wheelchair assistance;
- Protective and stabilising equipment, such as gloves, straps and other items;
- Basic first-aid equipment;
- Other items.

1. FPDD will provide the following set of wheelchairs for each team at each match:

- 2 ROMA attacking chairs
- 2 ROMA defensive chairs
- 2 TOPMEDI attacking chairs
- 2 TOPMEDI defensive chairs

The wheelchairs will be allocated by draw at the beginning of each match.

2. FPDD will be responsible for the following materials, equipment and logistics:

- 40-second clock and game indicators;
- Try-line markers;
- Court markings;
- Official match balls;
- Basic first-aid equipment;
- Forms and documents required by the Competition Secretariat and Game Table;
- Tyres and inner tubes;
- Other items.



11. Competition Secretariat and Game Table

At the Competition Secretariat, FPDD staff receive the teams and provide the team representatives with an attendance sheet on which the identities of the players and technical staff who will be on the bench are checked using photo ID cards. Player cards must show the jersey number and the player's sport classification. Player cards will be used during the match to present the team line-up at the Game Table and for substitutions throughout the match.

There will be two (2) to three (3) officials at the Game Table, responsible for completing all official sheets recording match incidents and for timekeeping, in accordance with the Rules of the International Wheelchair Rugby Federation – WWR.

12. Awards

The respective trophies will be awarded to the winners of the RCR 4 and RCR 5 categories of the “Portugal Cup Wheelchair Rugby 2026”.

Participation medals will be awarded to members of the participating teams.

13. Refereeing

FPDD will provide the minimum personnel required for the Refereeing Team and Table Officials to ensure the proper officiating of the matches.

The Rules of the Game in force in competitions of the International Wheelchair Rugby Federation – WWR shall apply.



14. Technical Committee and Unforeseen Cases

As the regulatory and organising body, FPDD's Technical Committee shall examine and decide on all matters not covered by these Regulations concerning the "Portugal Cup Wheelchair Rugby 2026".