

| | Match | Time | Home Team | Vs | Away Team |
|------------------------|-------|-------|-----------------------|----|-----------------------|
| Saturday, 17 June 2023 | 1 | 9:00 | FC Luzira | Vs | Kisenyi FC |
| | 2 | 10:00 | Edgar's Football Club | Vs | Kabowa Dream Team |
| | 3 | 11:00 | Kampala Junior Team | Vs | YEAK Kabowa |
| | 4 | 12:00 | Kisenyi FC | Vs | Kabowa Dream Team |
| | 5 | 13:00 | YEAK Kabowa | Vs | FC Luzira |
| | 6 | 14:00 | Kampala Junior Team | Vs | Edgar's Football Club |
| Sunday, 18 June 2023 | 7 | 9:00 | Kisenyi FC | Vs | Edgar's Football Club |
| | 8 | 10:00 | FC Luzira | Vs | Kampala Junior Team |
| | 9 | 11:00 | Kabowa Dream Team | Vs | YEAK Kabowa |
| | 10 | 12:00 | Kampala Junior Team | Vs | Kisenyi FC |
| | 11 | 13:00 | YEAK Kabowa | Vs | Edgar's Football Club |
| | 12 | 14:00 | Kabowa Dream Team | Vs | FC Luzira |
| | 13 | 15:00 | Kisenyi FC | Vs | YEAK Kabowa |
| | 14 | 16:00 | Kampala Junior Team | Vs | Kabowa Dream Team |
| | 15 | 17:00 | Edgar's Football Club | Vs | FC Luzira |
| Saturday, 24 June 2023 | 16 | 9:00 | Kabowa Dream Team | Vs | Kisenyi FC |
| | 17 | 10:00 | FC Luzira | Vs | YEAK Kabowa |
| | 18 | 11:00 | Edgar's Football Club | Vs | Kampala Junior Team |
| | 19 | 12:00 | Kisenyi FC | Vs | FC Luzira |
| | 20 | 13:00 | Kabowa Dream Team | Vs | Edgar's Youth Program |
| | 21 | 14:00 | YEAK Kabowa | Vs | Kampala Junior Team |
| | 22 | 15:00 | Edgar's Football Club | Vs | Kisenyi FC |
| | 23 | 16:00 | Kampala Junior Team | Vs | FC Luzira |
| | 24 | 17:00 | YEAK Kabowa | Vs | Kabowa Dream Team |
| Sunday, 25 June 2023 | 25 | 9:00 | Kisenyi FC | Vs | Kampala Junior Team |
| | 26 | 10:00 | Edgar's Football Club | Vs | YEAK Kabowa |
| | 27 | 11:00 | FC Luzira | Vs | Kabowa Dream Team |
| | 28 | 12:00 | YEAK Kabowa | Vs | Kisenyi FC |
| | 29 | 13:00 | Kabowa Dream Team | Vs | Kampala Junior Team |
| | 30 | 14:00 | FC Luzira | Vs | Edgar's Football Club |