

U13 & U14

NATIONALS

13 - 17 DECEMBER 2023



TK

SPARCO

Taylor

Nolands

Belgotex Sport

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POP UP STORES

14TH - 21ST DECEMBER- UCT

15TH - 19TH DECEMBER- WYNBERG MILITARY BASE

TAYLA

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NEW STOCK AND DESIGNS
+ NKOSI CUP
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WELCOME



Welcome to all our participants and parents to the 17th PSi Nationals 2023.

It has been an action-packed year which began with an incredible overseas tour with the U16 & U18 All Stars teams travelling to Europe, followed by the FIH Indoor World Cup in Pretoria. Since the World Cup, Leagues and franchises have grown significantly across the country. This has shown with a significant increase in teams participating in this year's PSi Nationals. We now have 249 teams competing over 8 days with 1100 matches played across 14 venues in the Western Cape!

Indoor Hockey is on the raise! We are excited to be hosting the inaugural Kathea Energy Nkosi Cup played in conjunction with U13, U14, U16 & U18 PSi Nationals. This will give the PSi participants the opportunity of watching their favourite national indoor players live in action competing against other countries. Our goal is to make the Nkosi Cup a premier international tournament that takes Indoor to new heights globally. A massive thank you to Kathea Energy for making the event possible and we look forward to an exciting journey ahead.

As PSi we have made an incredible impact on Indoor Hockey in South Africa and this is a testament to the success of our SA Men's and Women's team at the recent Indoor World Cup. We are proud to say that 95% of the National players have come through the PSi system. Since the World Cup our SA Women are now ranked 6th and our Men's 7th on the FIH Indoor world rankings. PSi has also had a major impact on Indoor Hockey in Namibia who also performed exceptionally well at the Indoor World Cup.

A massive thank you to our loyal sponsors Nolands, Spar, Belgotex Sports, TK and Tayla Sportswear for their continued support. A special thank you to all the 14 venues who are hosting the event and for allowing us to play at your facilities.

Thank you to all the umpires, coaches, managers, technical staff and PSi staff for your continued enthusiasm and making PSi events as exciting and memorable as they are. You all play a big part in making PSi what it is today. Your dedication to our sport is appreciated and it is amazing to share the same love and passion for the game. We hope that all participants have an amazing event in the mother city.

Nothing beats Indoor!!!

Yours in sport,
Simon Martin
PSi Founder and Managing Director

DAILY SCHEDULE



Opening day: Wednesday 13 December

- 11h00 Sleep IN flight travellers are collected from Cape Town International Airport & transported to the various hotels
- 11h30 Opening day activities begin at the Garden Court pool
- 12h00 Sleep IN travellers check into the various hotels
- 18h00 Opening activities day ends
Dinner at Garden Court Nelson Mandela opens
- 22h00 Lights Out

DAY 1: Thursday 14 December

- 05h45 Wake up
- 06h00 Breakfast served at the various Hotels for all Sleep IN participants
- 06h30 First busses leave from the Hotels to the various venues
- 07h30 First matches begin at the various venues
- 18h00 Dinner at Garden Court Nelson Mandela opens
- 18h45 Matches end and the final Sleep IN participants are transported back to the various hotels
- 19h00 Welcome Dinner begins at the Garden Court Lilliebloem Room for Franchisees & Nkosi Cup teams
- 22h00 Lights Out

DAY 2: Friday 15 December

- 05h45 Wake up
- 06h00 Breakfast served at the Hotels for all Sleep IN participants
- 06h30 First busses leave from the Hotels to the various venues
- 07h30 First matches begin at the various venues
- 16h00 - 18h30 All U13 Sleep IN participants are transported to the Wynberg Military Base for dinner & to watch the Kathea Energy Nkosi Cup
- 18h00 Dinner at Garden Court Nelson Mandela opens for U14 Sleep IN
- 18h45 Final matches end
All U13's watch and support the Kathea Energy Nkosi Cup at the Wynberg Military Base
- 19h00 The final U14 Sleep IN participants are transported back to the various hotels
- 21h15 Kathea Energy Nkosi Cup end and all u13 Sleep IN participants are transported back to the various hotels
- 22h30 Lights Out

DAILY SCHEDULE



DAY 3: Saturday 16 December

- 05h45 Wake up
- 06h00 Breakfast served at the Hotels for all Sleep IN participants
- 06h30 First busses leave from the Hotels to the various venues
- 07h30 First matches begin at the various venues
- 16h00 - 18h30 All U14 Sleep IN participants are transported to the Wynberg Military Base for dinner & to watch the Kathea Energy Nkosi Cup
- 18h00 Dinner at Garden Court Nelson Mandela opens for U13 Sleep IN
- 18h45 Final matches end
All U14's watch and support the Kathea Energy Nkosi Cup at the Wynberg Military Base
- 19h00 The final U13 Sleep IN participants are transported back to the various hotels
- 21h15 Kathea Energy Nkosi Cup end and all u14 Sleep IN participants are transported back to the various hotels
- 22h30 Lights Out

DAY 4: Sunday 17 December

- 05h45 Wake up
- 06h00 Breakfast served at the Hotels for all Sleep IN participants
- 06h30 First busses leave from the Hotels to the various venues
- 08h00 First medal matches begin for U13's at UCT and for U14's at the Wynberg Military Base
- 09h30 Last Teams book out of the various hotels
- 12h45 All medal matches end
- 13h00 Prize Giving begins at UCT for U13's & the Wynberg Military Base for U14's
- 13h45 Prize Giving ends
- 13h50 Sleep IN participants are transported to the Cape Town International Airport



KATHEA
ENERGY

NKOSI CUP

15TH - 19TH DEC 2023

CAPE TOWN

WYNBERG MILITARY BASE STADIUM



MEN'S & WOMEN'S INTERNATIONAL INDOOR TOURNAMENT



SOUTH AFRICA



NAMIBIA



IRELAND



USA





KATHEA ENERGY
NKOSI CUP

FIXTURES

Friday 15th Dec

18h45 Namibia  vs  United States MEN
20h00 Ireland  vs  South Africa WOMEN

Saturday 16th Dec

12h00 Namibia  vs  Ireland WOMEN
13h15 Namibia  vs  South Africa MEN
18h45 South Africa  vs  Namibia WOMEN
20h00 United States  vs  South Africa MEN

Sunday 17th Dec

15h00 Namibia  vs  South Africa MEN
18h30 Ireland  vs  South Africa WOMEN
19h45 Namibia  vs  United States MEN

Monday 18th Dec

11h00 Namibia  vs  Ireland WOMEN
18h45 South Africa  vs  Namibia WOMEN
20h00 South Africa  vs  United States MEN

Tuesday 19th Dec

18h45 Women's Final
20h00 Men's Final
21h00

PRIZE GIVING

15TH - 19TH DEC 2023

WYNBERG MILITARY BASE STADIUM



KATHEA
ENERGY

NKOSI CUP



GET YOUR
TICKETS
NOW



BUY YOUR TICKETS ON THE SA HOCKEY FAN APP



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Google Play

Download on the
App Store

OR VIA THE PSI WEBSITE
UNDER THE NKOSI CUP TAB

GENERAL INFORMATION



Follow the tournament on our social media platforms and our website- psihockey.co.za (click on the Nationals tab)



Pro Series Indoor



[proseriesindoor](https://www.instagram.com/proseriesindoor)

Photography

We love a good ol' action shot! Browse till your hearts content. All our photographs from our tournaments will now be archived on our photography page. Head over to psihockey.co.za to find the link! Don't forget to tag us and your franchise when posting. #WeLoveBoards!

Video highlights and live streaming

There will be daily highlight videos posted on our social media platforms.

Fixtures and results

All fixtures and results are updated online on our website- psihockey.co.za under the Nationals 2023 tab.

Prize giving

All U13 age group sections will be hosted at UCT Court 1 at 13h00 on Sunday 17th December

All U14 age group sections will be hosted at Wynberg Military Base at 13h00 on Sunday 17th December

Food and Beverage

Each venue will have a tuckshop that will sell food, coffee, and refreshments.



FIH
INDOOR
HOCKEY WORLD CUP
SOUTH AFRICA 2023



FIH INDOOR HOCKEY WORLD CUP SOUTH AFRICA 2023

LIMITED EDITION EVENT COFFEE BOOK

Available at the Tayla Store during PSi & Nkosi Cup!

Relive the magic, get yours today!

With daily recaps, stats,
articles, team lists and 100's
of photos from the event



Follow the link to order your copy
forms.gle/TeVkwWEfvitZ7m1u6



PASSION & DETERMINATION

At Nolands we understand that scores don't just arrive on the board, and that one person doesn't win a match. We know that if you're going to succeed, you need a team that gives their all – **their commitment, their passion, their loyalty, and determination** to stay on top of their game. At Nolands we understand this, because for us, in the world of business, it's exactly the same.

Proud sponsors of PSi Hockey since 2008

Nolands
AUDIT • ADVISORY • LAW

ACKNOWLEDGEMENTS

Spar
TK Hockey
Nolands
Tayla Sportswear
Belgotex Sport
ES Media
PSi parents and players
Umpires and Coaches
Garden Court Nelson Mandela
Boulevard
SunSquare
Hotel Sky

College of Cape Town
DF Malan High School
Fairmont High School
Fish Hoek High School
Herschel Girls School
La Rochelle Girls School
Pinelands High School
Reddam House Constantia (Tokai)
The Settlers High School
Somerset College
St Cyprians Girls School
Sunningdale Sports Complex
UCT Sports Centre
Wynberg Military Base

CONTACTS

Tournament Director
Transport
Kit Supplier
Medical
Umpires Manager
Photographer

Andy Stofberg
HG Travel - Enrico
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Wetton Medical Services
AB Groener
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071 165 8891



TOURNAMENT RULES



PSi strictly adheres to the FIH indoor rules for all PSi Events

Playing up & down

- No player may play up or down without permission
- Teams will be deducted match points if found guilty and the opposition will receive full points (5 points)
- Permission to play up or down can only be granted by the
- Tournament Director
- Only special cases will apply

Cards

- 3 Yellow cards = 1 game suspension
- 1 Red card = minimum 1 game suspension
- Once the player has been sent off they must sit at the tech table, they are not allowed to sit with the team – (they may join the team at half time only)
- The umpire/tech table can immediately award a penalty corner if found guilty
- If a player receives 3 yellow cards or 1 red card an immediate disciplinary hearing will take place.
- The Tournament Director or authorized PSi staff member will hear both parties and make the final decision.

Swearing

If a player is found guilty the umpire can penalize the player with an automatic yellow card

Time Allocations & Start of games

- Games will start on time as per fixtures.
- Matches will consist of 2 halves of 15 to 20 minutes each way with a 2 minute half time break.
- There will be a 3 to 7 minute break between matches.
- Time will be kept by the tech table.
- Time will not be stopped at any time during the match, unless there is a severe medical emergency.
- If a 2nd ball goes on a court during a match and if influences play, the game will be stopped and will restart with a bully.
- The whistle will be blown from the tech table on time to start the game regardless if teams are on the court
- If only one team is ready and the whistle has been blown they may play freely towards the goals AFTER waiting for a period of 30 seconds
- All FIH indoor rules will apply
- Goalkeeper substitutions – Goalkeepers need to be substituted within 3 metres of the centre line.

TOURNAMENT RULES



Blood Bin

-In the case of a blood injury, players must get off the court immediately and seek medical attention.

Drinks

-Players may not drink on the court at any stage (this includes halftime)

-The umpire/ tech table has the right to award a penalty corner should a team be found guilty

Warm up

-Teams must please warm up outside the hall before games.

-Please note that there is limited time between matches so coaches must make sure captains toss prior to the start of the game.

Advancing to play-offs

-Should teams end on the same points after preliminary matches are completed, goal difference will apply to determine who progresses.

-If goal difference is a tie, then it goes to goals for.

-If goals for is the same, then the result against each other will apply.

Playoff matches ending in a draw

-No golden goal policy will apply

-Show downs will replace penalty flicks if games end in a draw.

-Each team will nominate 3 players to take a 1v 1 "7 second" attack

Long Corner

-A long corner will be taken on the half way line and in line with where the ball went out on the base line.

POINT SYSTEM

4 Points for a win

2 Points for a draw

1 Point for losing by 1 goal

1 Point for scoring 5 goals or more in a game

A maximum of 5 points can be achieved per game

END THE FEAR

You are not alone in the fight against GBV - there is help available 24 hours a day, 7 days a week. GBV can take many forms including physical, sexual and psychological abuse. If you are a victim or if you see someone being abused, please scan the QR code below or make a FREE call to 0800 150 150 and together we can **END** Gender Based Violence in our communities.



**Physical
Abuse**



**Sexual
Abuse**



**Psychological
Abuse**



Call or WhatsApp
0800 150 150
for help 24/7
www.spar.co.za/gbv

**GENDER
BASED
VIOLENCE**



SPECIAL CONDITIONS

Tournament behaviour off the court

A player will be suspended from ALL matches based on the following criteria:

- Use of alcohol, drugs & cigarettes
- Caught stealing
- Use of fire crackers
- Fighting with opposition teams
- Three daily warnings for misbehaviour at the accomodation

A player will be suspended from 1 game based on the following daily criteria:

- Making a noise after lights out
 - Playing loud music
 - Back chatting the hotel manager or PSI staff
 - Lights on after lights out without a valid reason
 - General misbehaving in the hotel
- The above conditions are non negotiable. This is a simple and fair solution which is monitored by the Event Co Ordinator.
- All matters are reported back to the Event Co Ordinator and your tour manager.
- In severe cases you will be sent back home at your parents expense.

Indemnity

Due to the nature of the sport, PSI or any of their staff members are not responsible for any losses, damage or injury of any participant caused during the duration of the tournament.



For

the years of practice and 4am training sessions. For your total dedication and sacrifice. For pushing through the pain, again and again. For falling, getting up and pushing yourself to breaking point. For believing in yourself. For your relentless drive to beat your best. For pushing yourself to breaking point and always going all-in. For giving up everything, for that one thing

the Win.

TOURNAMENT FORMATS



U13 GIRLS CUP SECTION (12 TEAMS - 2 POOLS OF 6)

POOL 1

SEALS (CAPE)
TITANS CHAMPS (TSHWANE)
VIPERS GREEN (PE)
MAMBAS BLACK (MPUMALANGA)
KNIGHTS RED (NORTHERN)
QUAGGAS BLACK (EAST RAND)

POOL 2

PANTHERS (DURBAN)
HAWKS (NAMIBIA)
FOXES (BOLAND)
BEARS BLACK (BLOEMFONTEIN)
SABLES (SOUTHERN CAPE)
GRYPHONS A (GAUTENG)

PLAYING VENUES:

DAY 1 – LA ROCHELLE GIRLS SCHOOL

DAY 2 – HERSCHEL GIRLS SCHOOL

DAY 3 – FISH HOEK HIGH SCHOOL

DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT UCT

Round robin in each Pool plays 5 games.

At the end of the Pool round robin:

Bottom 2 from each Pool

These teams will play a further 2 matches to determine positions 9th to 12th

Top 4 from each Pool

Will progress to Quarter Finals

Winners of Quarter finals will progress to Semi's and Finals.

Losers of Quarter finals will have two playoff matches to determine positions 5th to 8th

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games

TOURNAMENT FORMATS



U13 GIRLS SHIELD SECTION (18 TEAMS - 2 POOLS OF 9)

POOL 1

KNIGHTS BLACK (NORTHERN)
SEAL PUPS (CAPE)
SCORPIONS (BOLAND)
MAMBAS GREEN (MPUMALANGA)
BEARS BROWN (BLOEMFONTEIN)
TITANS BEASTS (TSHWANE)
STRIKERS (SOUTHERN)
LIONS BLACK (WEST RAND)
GIANTS (JHB)

POOL 2

SHARKS (CAPE)
RHINOS BLACK (NELSPRUIT)
TIGERS (DURBAN)
VIPERS YELLOW (PE)
FLAMES A (ZIMBABWE)
EAGLES (NAMIBIA)
FOXES CUBS (BOLAND)
TITANS WARRIORS (TSHWANE)
LEOPARDS (LIMPOPO)

PLAYING VENUES:

POOL 1

DAY 1 – UCT – COURT 2
DAY 2 – REDDAM TOKAI
DAY 3 – UCT – COURT 2
DAY 4 –MEDAL MATCHES AND PRIZE GIVING AT UCT

POOL 2

SOMERSET COLLEGE
UCT – COURT 2
LA ROCHELLE GIRLS SCHOOL

Each pool will play 8 game round robin:

At the end of the round robin

Semi-final 1 – 1st in pool 1 vs 2nd in pool 2

Semi final 2 – 2nd in pool 1 vs 1st in pool 2

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U13 GIRLS PLATE SECTION (9 TEAMS)

SUNBIRDS (CAPE)

PUMAS (DURBAN)

QUAGGAS WHITE (EAST RAND)

FLAMES B (ZIMBABWE)

CHEETAHS (ERMELO)

KNIGHTS SILVER (NORTHERN)

GRYPHONS B (GAUTENG)

NORTHERNS UNITED (PRETORIA)

RHINOS WHITE (NELSPRUIT)

PLAYING VENUES:

DAY 1 – DF MALAN HIGH SCHOOL

DAY 2 – PINELANDS HIGH SCHOOL

DAY 3 – PINELANDS HIGH SCHOOL

DAY 4 – PRIZE GIVING AT UCT

This will be a straight round robin with each team playing 8 games.

Semi Finals: 1st in Pool vs 4th in Pool; 2nd in Pool vs 3rd in Pool

Losers of Semi Finals play for 3rd vs 4th - Bronze medal

Winners of Semi Finals play for 1st vs 2nd - Gold / Silver

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U13 BOYS CUP SECTION (12 TEAMS – 2 POOLS OF 6)

POOL 1

SEALS (CAPE)
HAWKS (NAMIBIA)
SABLES A (SOUTHERN CAPE)
TITANS BEASTS (TSHWANE)
KNIGHTS RED (NORTHERN)
LIONSBLACK (WEST RAND)

POOL 2

VIPERS GREEN (PE)
FOXES (BOLAND)
PANTHERS (DURBAN)
TITANS CHAMPS (TSHWANE)
MAMBAS BLACK (MPUMALANGA)
GIANTS A (JHB)

PLAYING VENUES:

DAY 1 – FISH HOEK HIGH SCHOOL

DAY 2 – UCT – COURT 1

DAY 3 – SUNNINGDALE SPORTS COMPLEX

DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT UCT

Round robin in each Pool plays 5 games.

At the end of the Pool round robin:

Bottom 2 from each Pool

These teams will play a further 2 matches to determine positions 9th to 12th

Top 4 from each Pool

Will progress to Quarter Finals

Winners of Quarter finals will progress to Semi's and Finals.

Losers of Quarter finals will have two playoff matches to determine positions 5th to 8th

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U13 BOYS SHIELD SECTION (14 TEAMS – 2 POOLS OF 7)

POOL 1

SHARKS (CAPE)
SCORPIONS (CAPE)
SABLES B (SOUTHERN CAPE)
TITANS WARRIORS (TSHWANE)
MAMBAS GREEN (MPUMALANGA)
STRIKERS (SOUTHERN)
GIANTS B (JHB)

POOL 2

VIPERS YELLOW (PE)
TITANS JOES (TSHWANE)
LEOPARDS (LIMPOPO)
KNIGHTS BLACK (NORTHERNS)
SEAL PUPS (CAPE)
FOXES CUBS (CAPE)
EAGLES (NAMIBIA)

PLAYING VENUES:

POOL 1

DAY 1 – SETTLERS HIGH SCHOOL
DAY 2 – DF MALAN HIGH SCHOOL
DAY 3 – COLLEGE OF CAPE TOWN
DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT UCT

POOL 2

UCT – COURT 1
SETTLERS HIGH SCHOOL
REDDAM TOKAI

This will be a 6 match pool round robin in each pool (Day One and Day Two).

DAY THREE:

Teams will then be split into:

TOP 6 (Top 3 from each pool)

The results from teams in your pool progressing into the Top 6 will be carried forward.

A further 3 matches will be played against the opposite pool teams.

1st and 2nd in TOP 6 will play for GOLD or SILVER medal positions.

3rd and 4th in TOP 6 will play for BRONE medal.

MIDDLE 4 (4th and 5th from each pool)

A further 2 matches will determine final placing (7th to 10th)

BOTTOM 4 (6th and 7th from each pool)

A further 2 matches will determine final placing (11th to 14th)

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games

TOURNAMENT FORMATS



U13 BOYS PLATE SECTION (9 TEAMS)

SUNBIRDS (CAPE)

TITANS LEGENDS (TSHWANE)

RHINOS BLACK (NELSPRUIT)

CHEETAHS (ERMELO)

FLAMES (ZIMBABWE)

SABLES NAVY (SOUTHERN CAPE)

MAMBAS YELLOW (MPUMALANGA)

QUAGGAS (EAST RAND)

BEARS BLACK (BLOEMFONTEIN)

PLAYING VENUES:

DAY 1 – PINELANDS HIGH SCHOOL

DAY 2 – COLLEGE OF CAPE TOWN

DAY 3 – SOMERSET COLLEGE

DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT UCT

This will be a straight round robin with each team playing 8 games.

Semi Finals: 1st in Pool vs 4th in Pool; 2nd in Pool vs 3rd in Pool

Losers of Semi Finals play for 3rd vs 4th - Bronze medal

Winners of Semi Finals play for 1st vs 2nd - Gold / Silver

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

Round robin of 7 games per team

TOURNAMENT FORMATS



U14 GIRLS CUP SECTION (12 TEAMS – 2 POOLS OF 6)

POOL 1

VIPERS GREEN (PE)
GRYPHONS A (GAUTENG)
KNIGHTS RED (NORTHERN)
TITANS CHAMPS (TSHWANE)
SABLES A (SOUTHERN CAPE)
LIONS BLACK (WEST RAND)

POOL 2

SEALS (CAPE)
HAWKS (NAMIBIA)
PANTHERS (DURBAN)
FOXES (BOLAND)
MAMBAS BLACK (MPUMALANGA)
NORTHERNS UNITED BLACK (PRETORIA)

PLAYING VENUES:

DAY 1 – ST CYPRIANS GIRLS SCHOOL

DAY 2 – LA ROCHELLE GIRLS SCHOOL

DAY 3 – HERSCHEL GIRLS SCHOOL

DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT WYNBERG MILITARY BASE

Round robin in each Pool plays 5 games.

At the end of the Pool round robin:

Bottom 2 from each Pool

These teams will play a further 2 matches to determine positions 9th to 12th

Top 4 from each Pool

Will progress to Quarter Finals.

Winners of Quarter finals will progress to Semi's and Finals.

Losers of Quarter finals will have two playoff matches to determine positions 5th to 8th

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games

TOURNAMENT FORMATS



U14 GIRLS SHIELD SECTION (14 TEAMS – 2 POOLS OF 7)

POOL 1

SHARKS (CAPE)
SCORPIONS (BOLAND)
SABLES B (SOUTHERN CAPE)
CRANES (NAMIBIA)
PUMAS (DURBAN)
FLAMES (ZIMBABWE)
BEARS (BLOEMFONTEIN)

POOL 2

SUNBIRDS (CAPE)
GRYPHONS B (GAUTENG)
TIGERS (DURBAN)
TITANS BEASTS (TSHWANE)
NORTHERNS UNITED WHITE (PRETORIA)
MAMBAS GREEN (MPUMALANGA)
LEOPARDS (LIMPOPO)

PLAYING VENUES:

POOL 1

DAY 1 – HERSCHEL GIRLS SCHOOL
DAY 2 – FAIRMONT HIGH SCHOOL
DAY 3 – DF MALAN HIGH SCHOOL
DAY 4 – MEDAL MATCHES AT HERSCHEL AND WYNBERG MILITARY BASE
PRIZE GIVING AT WYNBERG MILITARY BASE

POOL 2

REDDAM TOKAI
ST CYPRIANS GIRLS SCHOOL
SETTLERS HIGH SCHOOL

This will be a 6 match pool round robin in each pool (Day One and Day Two).

DAY THREE:

Teams will then be split into:

TOP 6 (Top 3 from each pool)

The results from teams in your pool progressing into the Top 6 will be carried forward.

A further 3 matches will be played against the opposite pool teams.

1st and 2nd in TOP 6 will play for GOLD or SILVER medal positions.

3rd and 4th in TOP 6 will play for BRONE medal.

MIDDLE 4 (4 th and 5 th from each pool)

A further 2 matches will determine final placing (7th to 10th)

BOTTOM 4 (6th and 7th from each pool)

A further 2 matches will determine final placing (11th to 14th)

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games

TOURNAMENT FORMATS



U14 BOYS CUP SECTION (10 TEAMS)

HAWKS (NAMIBIA)

SEALS (CAPE)

KNIGHTS RED (NORTHERN)

FOXES GREY (BOLAND)

MAMBAS BLACK (MPUMALANGA)

PANTHERS (DURBAN)

TITANS CHAMPS (TSHWANE)

SABLES A (SOUTHERN CAPE)

VIPERS GREEN (PE)

GRYPHONS (GAUTENG)

PLAYING VENUES:

DAY 1 – SUNNINGDALE SPORTS COMPLEX

DAY 2 – FISH HOEK HIGH SCHOOL

DAY 3 – ST CYPRIANS GIRLS SCHOOL

DAY 4 – ST CYPRIANS (Semi Finals) AND WYNBERG FOR MEDAL MATCHES

PRIZE GIVING AT WYNBERG MILITARY BASE

This will be a straight round robin with each team playing 9 games.

Semi Finals: 1st in Pool vs 4th in Pool; 2nd in Pool vs 3rd in Pool

Losers of Semi Finals play for 3rd vs 4th - Bronze medal

Winners of Semi Finals play for 1st vs 2nd - Gold / Silver

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U14 BOYS SHIELD SECTION (17 TEAMS – 2 POOLS OF 9 & 8)

POOL 1

SHARKS (CAPE)
RHINOS (NELSPRUIT)
FOXES BLACK (BOLAND)
TITANS BEASTS (TSHWANE)
CHEETAHS (ERMELO)
SABLES B (SOUTHERN CAPE)
LIONS BLACK (WEST RAND)
MAMBAS GREEN (MPUMALANGA)
STRIKERS (SOUTHERN)

POOL 2

ELEPHANTS (KNYSNA)
VIPERS YELLOW (PORT ELIZABETH)
SUNBIRDS (CAPE)
FLAMES (ZIMBABWE)
NORTHERNS UNITED (PRETORIA)
TIGERS (DURBAN)
FIRE (LANGA)
SCORPIONS (BOLAND)

PLAYING VENUES:

POOL 1

DAY 1 – FAIRMONT HIGH SCHOOL
DAY 2 – SUNNINGDALE SPORTS CENTRE
DAY 3 – UCT – COURT 1
DAY 4 – MEDAL MATCHES AND PRIZE GIVING AT WYNBERG MILITARY BASE

POOL 2

COLLEGE OF CAPE TOWN
SOMERSET COLLEGE
FAIRMONT HIGH SCHOOL

Each pool will play 8/7 game round robin:

At the end of the round robin Semi final 1 – 1st in pool 1 vs 2nd in pool 2

Semi final 2 – 2nd in pool 1 vs 1st in pool 2

Teams in Pool 2 will have a further game (1st & 2nd to semis) – 8th vs 7th ; 6th vs 5th & 4th vs 3rd

Losers of Semi Finals play for 3rd vs 4th - Bronze medal

Winners of Semi Finals play for 1st vs 2nd - Gold / Silver

Matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games

VENUE INFORMATION



College of Cape Town - Crawford Campus

174 Kromboom Rd
Crawford, Cape Town, 7770

DF Malan High School

Frans Conradie Dr
Bellville, Cape Town, 7530

Fairmont High School

Medway Cres
Durbell, Cape Town, 7550

Fish Hoek High School

13th Ave
Fish Hoek, Cape Town, 7974

Herschel Girls School

Please use entrance on Church Street
Claremont, Cape Town, 7708

La Rochelle Girls High School

1 Faure St
Esterville, Paarl, 7646

Pinelands High School

Princess Path Gate
Pinelands, Cape Town, 7405

The PSI Base (Wynberg Military Base)

Buren Rd (Off Alphen Hill Rd)
Wynberg, Cape Town, 7824

Reddam House Constantia (Tokai)

Reddam Ave
Constantia, Cape Town, 7806

The Settlers High School

Settlers St
Bellville, Cape Town, 7530

Somerset College

Bredell Road
Somerset West, Cape Town

St Cyprian's School

Gorge Rd
Vredehoek, Cape Town, 8001

Sunningdale Sports Complex

Waterville St
Milnerton Rural, Cape Town, 7441

UCT Indoor Sports Hall

North Entrance Rd
Rondebosch, Cape Town, 7701

HOTELS

Garden Court

-Nelson Mandela Boulevard
Corner Melbourne and Coronation Road
Walmer Estate, Cape Town, 8001

SunSquare Cape Town City Bowl

23 Buitengracht St
Cape Town City Centre, Cape Town, 8000

Hotel Sky Cape Town

9 Lower Long St
Foreshore, Cape Town, 8000

FIXTURES U13 GIRLS CUP



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		LA ROCHELLE GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
1	07h45	GIRLS	U13 CUP SECTION / POOL 1		MAMBAS BLACK	VS	TITANS CHAMPS
2	08h30	GIRLS	U13 CUP SECTION / POOL 1		VIPERS GREEN	VS	QUAGGAS BLACK
3	09h15	GIRLS	U13 CUP SECTION / POOL 1		KNIGHTS RED	VS	SEALS
4	10h00	GIRLS	U13 CUP SECTION / POOL 2		PANTHERS	VS	HAWKS
5	10h45	GIRLS	U13 CUP SECTION / POOL 2		BEARS BLACK	VS	FOXES
6	11h30	GIRLS	U13 CUP SECTION / POOL 2		SABLES	VS	GRYPHONS A
7	12h15	GIRLS	U13 CUP SECTION / POOL 1		MAMBAS BLACK	VS	VIPERS GREEN
8	13h00	GIRLS	U13 CUP SECTION / POOL 1		TITANS CHAMPS	VS	KNIGHTS RED
9	13h45	GIRLS	U13 CUP SECTION / POOL 1		QUAGGAS BLACK	VS	SEALS
10	14h30	GIRLS	U13 CUP SECTION / POOL 2		PANTHERS	VS	FOXES
11	15h15	GIRLS	U13 CUP SECTION / POOL 2		GRYPHONS A	VS	HAWKS
12	16h00	GIRLS	U13 CUP SECTION / POOL 2		SABLES	VS	BEARS BLACK
13	16h45	GIRLS	U13 CUP SECTION / POOL 1		TITANS CHAMPS	VS	SEALS
14	17h30	GIRLS	U13 CUP SECTION / POOL 1		MAMBAS BLACK	VS	QUAGGAS BLACK
15	18h15	GIRLS	U13 CUP SECTION / POOL 1		VIPERS GREEN	VS	KNIGHTS RED

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		HERSCHEL GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
16	07h30	GIRLS	U13 CUP SECTION / POOL 2		PANTHERS	VS	SABLES
17	08h15	GIRLS	U13 CUP SECTION / POOL 2		BEARS BLACK	VS	GRYPHONS A
18	09h00	GIRLS	U13 CUP SECTION / POOL 2		HAWKS	VS	FOXES
19	09h45	GIRLS	U13 CUP SECTION / POOL 1		MAMBAS BLACK	VS	KNIGHTS RED
20	10h30	GIRLS	U13 CUP SECTION / POOL 1		VIPERS GREEN	VS	SEALS
21	11h15	GIRLS	U13 CUP SECTION / POOL 1		TITANS CHAMPS	VS	QUAGGAS BLACK
22	12h00	GIRLS	U13 CUP SECTION / POOL 2		PANTHERS	VS	BEARS BLACK
23	12h45	GIRLS	U13 CUP SECTION / POOL 2		SABLES	VS	HAWKS
24	13h30	GIRLS	U13 CUP SECTION / POOL 2		GRYPHONS A	VS	FOXES
25	14h15	GIRLS	U13 CUP SECTION / POOL 1		MAMBAS BLACK	VS	SEALS
26	15h00	GIRLS	U13 CUP SECTION / POOL 1		QUAGGAS BLACK	VS	KNIGHTS RED
27	15h45	GIRLS	U13 CUP SECTION / POOL 1		TITANS CHAMPS	VS	VIPERS GREEN
28	16h30	GIRLS	U13 CUP SECTION / POOL 2		BEARS BLACK	VS	HAWKS
29	17h15	GIRLS	U13 CUP SECTION / POOL 2		PANTHERS	VS	GRYPHONS A
30	18h00	GIRLS	U13 CUP SECTION / POOL 2		SABLES	VS	FOXES

DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		FISH HOEK HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
31	07h45	GIRLS	U13 CUP SECTION QUARTER FINAL 1		1ST POOL 1	VS	4TH POOL 2
32	08h30	GIRLS	U13 CUP SECTION QUARTER FINAL 2		2ND POOL 2	VS	3RD POOL 1
33	09h15	GIRLS	U13 CUP SECTION QUARTER FINAL 3		1ST POOL 2	VS	4TH POOL 1
34	10h00	GIRLS	U13 CUP SECTION QUARTER FINAL 4		2ND POOL 1	VS	3RD POOL 2
35	10h45	GIRLS	U13 CUP SECTION BOTTOM 4		5TH POOL 1	VS	6TH POOL 2
36	11h30	GIRLS	U13 CUP SECTION BOTTOM 4		6TH POOL 1	VS	5TH POOL 2
37	12h15	GIRLS	U13 CUP SECTION PLAYOFFS		LOSER QF1	VS	LOSER QF2
38	13h00	GIRLS	U13 CUP SECTION PLAYOFFS		LOSER QF3	VS	LOSER QF4
39	13h45	GIRLS	U13 CUP SECTION SEMI FINAL 1		WINNER QF1	VS	WINNER QF2
40	14h30	GIRLS	U13 CUP SECTION SEMI FINAL 2		WINNER QF3	VS	WINNER QF4
41	15h30	GIRLS	U13 CUP SECTION POSITION 11TH AND 12TH		LOSER OF GAME 35	VS	LOSER OF GAME 36
42	16h15	GIRLS	U13 CUP SECTION POSITION 9TH AND 10TH		WINNER OF GAME 35	VS	WINNER OF GAME 36
43	17h00	GIRLS	U13 CUP SECTION POSITION 5TH AND 6TH		WINNER OF GAME 37	VS	WINNER OF GAME 38
44	17h45	GIRLS	U13 CUP SECTION POSITION 7TH AND 8TH		LOSER OF GAME 37	VS	LOSER OF GAME 38

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4	
VENUE		UCT - COURT 2					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
45	10h30	GIRLS	U13 CUP SECTION		BRONZE 3RD VS 4TH		
VENUE		UCT - COURT 1					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
46	11h00	GIRLS	U13 CUP SECTION		GOLD / SILVER 1ST VS 2ND		
	13h00		PRIZE GIVING AT UCT COURT 1				

FIXTURES U13 GIRLS SHIELD



DATE			THURSDAY			14TH DECEMBER 2023			DAY 1		
VENUE			UCT - COURT 2								
GAME	TIME	GENDER	SECTION / POOL			TEAM 1	VS	TEAM 2			
47	08h00	GIRLS	U13 SHIELD SECTION POOL 1			GIANTS	VS	LIONS BLACK			
48	08h45	GIRLS	U13 SHIELD SECTION POOL 1			SCORPIONS	VS	MAMBAS GREEN			
49	09h30	GIRLS	U13 SHIELD SECTION POOL 1			STRIKERS	VS	TITANS BEASTS			
50	10h15	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	SEAL PUPS			
51	11h00	GIRLS	U13 SHIELD SECTION POOL 1			LIONS BLACK	VS	BEARS BROWN			
52	11h45	GIRLS	U13 SHIELD SECTION POOL 1			GIANTS	VS	TITANS BEASTS			
53	12h30	GIRLS	U13 SHIELD SECTION POOL 1			SEAL PUPS	VS	SCORPIONS			
54	13h15	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	MAMBAS GREEN			
55	14h00	GIRLS	U13 SHIELD SECTION POOL 1			BEARS BROWN	VS	STRIKERS			
56	14h45	GIRLS	U13 SHIELD SECTION POOL 1			TITANS BEASTS	VS	LIONS BLACK			
57	15h30	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	SCORPIONS			
58	16h15	GIRLS	U13 SHIELD SECTION POOL 1			GIANTS	VS	STRIKERS			
59	17h00	GIRLS	U13 SHIELD SECTION POOL 1			SEAL PUPS	VS	MAMBAS GREEN			
VENUE			SOMERSET COLLEGE								
GAME	TIME	GENDER	SECTION / POOL			TEAM 1	VS	TEAM 2			
60	08h00	GIRLS	U13 SHIELD SECTION POOL 2			LEOPARDS	VS	TITANS WARRIORS			
61	08h45	GIRLS	U13 SHIELD SECTION POOL 2			TIGERS	VS	VIPERS YELLOW			
62	09h30	GIRLS	U13 SHIELD SECTION POOL 2			FOXES CUBS	VS	EAGLES			
63	10h15	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	RHINOS BLACK			
64	11h00	GIRLS	U13 SHIELD SECTION POOL 2			TITANS WARRIORS	VS	FLAMES A			
65	11h45	GIRLS	U13 SHIELD SECTION POOL 2			LEOPARDS	VS	EAGLES			
66	12h30	GIRLS	U13 SHIELD SECTION POOL 2			RHINOS BLACK	VS	TIGERS			
67	13h15	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	VIPERS YELLOW			
68	14h00	GIRLS	U13 SHIELD SECTION POOL 2			FLAMES A	VS	FOXES CUBS			
69	14h45	GIRLS	U13 SHIELD SECTION POOL 2			EAGLES	VS	TITANS WARRIORS			
70	15h30	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	TIGERS			
71	16h15	GIRLS	U13 SHIELD SECTION POOL 2			LEOPARDS	VS	FOXES CUBS			
72	17h00	GIRLS	U13 SHIELD SECTION POOL 2			RHINOS BLACK	VS	VIPERS YELLOW			

DATE			FRIDAY			15TH DECEMBER 2023			DAY 2		
VENUE			REDDAM TOKAI								
GAME	TIME	GENDER	SECTION / POOL			TEAM 1	VS	TEAM 2			
73	08h00	GIRLS	U13 SHIELD SECTION POOL 1			SEAL PUPS	VS	LIONS BLACK			
74	08h45	GIRLS	U13 SHIELD SECTION POOL 1			MAMBAS GREEN	VS	TITANS BEASTS			
75	09h30	GIRLS	U13 SHIELD SECTION POOL 1			SCORPIONS	VS	STRIKERS			
76	10h15	GIRLS	U13 SHIELD SECTION POOL 1			SEAL PUPS	VS	BEARS BROWN			
77	11h00	GIRLS	U13 SHIELD SECTION POOL 1			MAMBAS GREEN	VS	GIANTS			
78	11h45	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	TITANS BEASTS			
79	12h30	GIRLS	U13 SHIELD SECTION POOL 1			SCORPIONS	VS	BEARS BROWN			
80	13h15	GIRLS	U13 SHIELD SECTION POOL 1			MAMBAS GREEN	VS	LIONS BLACK			
81	14h00	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	STRIKERS			
82	14h45	GIRLS	U13 SHIELD SECTION POOL 1			SEAL PUPS	VS	GIANTS			
83	15h30	GIRLS	U13 SHIELD SECTION POOL 1			SCORPIONS	VS	TITANS BEASTS			
84	16h15	GIRLS	U13 SHIELD SECTION POOL 1			KNIGHTS BLACK	VS	BEARS BROWN			
85	17h00	GIRLS	U13 SHIELD SECTION POOL 1			STRIKERS	VS	LIONS BLACK			
VENUE			UCT - COURT 2								
GAME	TIME	GENDER	SECTION / POOL			TEAM 1	VS	TEAM 2			
86	07h30	GIRLS	U13 SHIELD SECTION POOL 2			RHINOS BLACK	VS	TITANS WARRIORS			
87	08h15	GIRLS	U13 SHIELD SECTION POOL 2			VIPERS YELLOW	VS	EAGLES			
88	09h00	GIRLS	U13 SHIELD SECTION POOL 2			TIGERS	VS	FOXES CUBS			
89	09h45	GIRLS	U13 SHIELD SECTION POOL 2			RHINOS BLACK	VS	FLAMES A			
90	10h30	GIRLS	U13 SHIELD SECTION POOL 2			VIPERS YELLOW	VS	LEOPARDS			
91	11h15	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	EAGLES			
92	12h00	GIRLS	U13 SHIELD SECTION POOL 2			TIGERS	VS	FLAMES A			
93	12h45	GIRLS	U13 SHIELD SECTION POOL 2			VIPERS YELLOW	VS	TITANS WARRIORS			
94	13h30	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	FOXES CUBS			
95	14h15	GIRLS	U13 SHIELD SECTION POOL 2			RHINOS BLACK	VS	LEOPARDS			
96	15h00	GIRLS	U13 SHIELD SECTION POOL 2			TIGERS	VS	EAGLES			
97	15h45	GIRLS	U13 SHIELD SECTION POOL 2			SHARKS	VS	FLAMES A			
98	16h30	GIRLS	U13 SHIELD SECTION POOL 2			FOXES CUBS	VS	TITANS WARRIORS			

FIXTURES U13 GIRLS SHIELD



DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		UCT - COURT 2					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
99	08h00	GIRLS	U13 SHIELD SECTION POOL 1	SEAL PUPS	VS	TITANS BEASTS	
100	08h45	GIRLS	U13 SHIELD SECTION POOL 1	SCORPIONS	VS	LIONS BLACK	
101	09h30	GIRLS	U13 SHIELD SECTION POOL 1	MAMBAS GREEN	VS	BEARS BROWN	
102	10h15	GIRLS	U13 SHIELD SECTION POOL 1	KNIGHTS BLACK	VS	GIANTS	
103	11h00	GIRLS	U13 SHIELD SECTION POOL 1	SEAL PUPS	VS	STRIKERS	
104	11h45	GIRLS	U13 SHIELD SECTION POOL 1	BEARS BROWN	VS	TITANS BEASTS	
105	12h30	GIRLS	U13 SHIELD SECTION POOL 1	SCORPIONS	VS	GIANTS	
106	13h15	GIRLS	U13 SHIELD SECTION POOL 1	KNIGHTS BLACK	VS	LIONS BLACK	
107	14h00	GIRLS	U13 SHIELD SECTION POOL 1	MAMBAS GREEN	VS	STRIKERS	
108	14h45	GIRLS	U13 SHIELD SECTION POOL 1	BEARS BROWN	VS	GIANTS	
	15h30		BREAK				
119	16h45	GIRLS	U13 SHIELD SECTION	SEMI FINAL 1 - 1st Pool 1 VS 2nd Pool 2			
120	17h30	GIRLS	U13 SHIELD SECTION	SEMI FINAL 2 - 2nd Pool 1 VS 1st Pool 2			
VENUE		LA ROCHELLE GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
109	08h00	GIRLS	U13 SHIELD SECTION POOL 2	RHINOS BLACK	VS	EAGLES	
110	08h45	GIRLS	U13 SHIELD SECTION POOL 2	TIGERS	VS	TITANS WARRIORS	
111	09h30	GIRLS	U13 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	FLAMES A	
112	10h15	GIRLS	U13 SHIELD SECTION POOL 2	SHARKS	VS	LEOPARDS	
113	11h00	GIRLS	U13 SHIELD SECTION POOL 2	RHINOS BLACK	VS	FOXES CUBS	
114	11h45	GIRLS	U13 SHIELD SECTION POOL 2	FLAMES A	VS	EAGLES	
115	12h30	GIRLS	U13 SHIELD SECTION POOL 2	TIGERS	VS	LEOPARDS	
116	13h15	GIRLS	U13 SHIELD SECTION POOL 2	SHARKS	VS	TITANS WARRIORS	
117	14h00	GIRLS	U13 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	FOXES CUBS	
118	14h45	GIRLS	U13 SHIELD SECTION POOL 2	FLAMES A	VS	LEOPARDS	
	15h30		MOVE TO UCT - COURT 2 FOR SEMI FINALS				

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4	
VENUE		UCT - COURT 2					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
121	08h50	GIRLS	SHIELD SECTION	BRONZE 3RD VS 4TH			
VENUE		UCT - COURT 1					
122	10h10	GIRLS	SHIELD SECTION	GOLD 1ST VS 2ND			
	13h00		PRIZE GIVING AT UCT				

FIXTURES U13 GIRLS PLATE



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		DF MALAN HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
123	08h00	GIRLS	U13 PLATE SECTION		SUNBIRDS	VS	KNIGHTS SILVER
124	08h45	GIRLS	U13 PLATE SECTION		PUMAS	VS	QUAGGAS WHITE
125	09h30	GIRLS	U13 PLATE SECTION		NORTHERNS UNITED	VS	FLAMES B
126	10h15	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	CHEETAHS
127	11h00	GIRLS	U13 PLATE SECTION		KNIGHTS SILVER	VS	GRYPHONS B
128	11h45	GIRLS	U13 PLATE SECTION		SUNBIRDS	VS	FLAMES B
129	12h30	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	PUMAS
130	13h15	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	QUAGGAS WHITE
131	14h00	GIRLS	U13 PLATE SECTION		GRYPHONS B	VS	NORTHERNS UNITED
132	14h45	GIRLS	U13 PLATE SECTION		FLAMES B	VS	KNIGHTS SILVER
133	15h30	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	PUMAS
134	16h15	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	QUAGGAS WHITE
135	17h00	GIRLS	U13 PLATE SECTION		SUNBIRDS	VS	NORTHERNS UNITED

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		PINELANDS HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
136	08h00	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	KNIGHTS SILVER
137	08h45	GIRLS	U13 PLATE SECTION		QUAGGAS WHITE	VS	FLAMES B
138	09h30	GIRLS	U13 PLATE SECTION		PUMAS	VS	NORTHERNS UNITED
139	10h15	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	GRYPHONS B
140	11h00	GIRLS	U13 PLATE SECTION		QUAGGAS WHITE	VS	SUNBIRDS
141	11h45	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	FLAMES B
142	12h30	GIRLS	U13 PLATE SECTION		PUMAS	VS	GRYPHONS B
143	13h15	GIRLS	U13 PLATE SECTION		QUAGGAS WHITE	VS	KNIGHTS SILVER
144	14h00	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	NORTHERNS UNITED
145	14h45	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	SUNBIRDS
146	15h30	GIRLS	U13 PLATE SECTION		PUMAS	VS	FLAMES B
147	16h15	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	GRYPHONS B
148	17h00	GIRLS	U13 PLATE SECTION		NORTHERNS UNITED	VS	KNIGHTS SILVER

DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		PINELANDS HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
149	08h15	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	FLAMES B
150	09h00	GIRLS	U13 PLATE SECTION		PUMAS	VS	KNIGHTS SILVER
151	09h45	GIRLS	U13 PLATE SECTION		QUAGGAS WHITE	VS	GRYPHONS B
152	10h30	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	SUNBIRDS
153	11h15	GIRLS	U13 PLATE SECTION		CHEETAHS	VS	NORTHERNS UNITED
154	12h00	GIRLS	U13 PLATE SECTION		GRYPHONS B	VS	FLAMES B
155	12h45	GIRLS	U13 PLATE SECTION		PUMAS	VS	SUNBIRDS
156	13h30	GIRLS	U13 PLATE SECTION		RHINOS WHITE	VS	KNIGHTS SILVER
157	14h15	GIRLS	U13 PLATE SECTION		QUAGGAS WHITE	VS	NORTHERNS UNITED
158	15h00	GIRLS	U13 PLATE SECTION		GRYPHONS B	VS	SUNBIRDS
	15h45	GIRLS	BREAK IF NEEDED				
159	16h15	GIRLS	U13 PLATE SECTION SEMI FINAL 1		1ST	VS	4TH
160	17h00	GIRLS	U13 PLATE SECTION SEMI FINAL 2		2ND	VS	3RD

DATE		SUNDAY		17TH DECEMBER 2023		FINALS DAY	
VENUE		HERSCHEL GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
161	09h30	GIRLS	U13 PLATE SECTION		BRONZE 3RD VS 4TH		
162	10h20	GIRLS	U13 PLATE SECTION		GOLD 1ST VS 2ND		
	11h00		TEAMS MOVE TO UCT FOR PRIZE GIVING AT 13h00				

FIXTURES U13 BOYS CUP



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		FISH HOEK HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
163	07h45	BOYS	U13 CUP SECTION / POOL 1		SEALS	VS	HAWKS
164	08h30	BOYS	U13 CUP SECTION / POOL 1		SABLES A	VS	TITANS BEASTS
165	09h15	BOYS	U13 CUP SECTION / POOL 1		KNIGHTS RED	VS	LIONS BLACK
166	10h00	BOYS	U13 CUP SECTION / POOL 2		VIPERS GREEN	VS	FOXES
167	10h45	BOYS	U13 CUP SECTION / POOL 2		PANTHERS	VS	TITANS CHAMPS
168	11h30	BOYS	U13 CUP SECTION / POOL 2		MAMBAS BLACK	VS	GIANTS A
169	12h15	BOYS	U13 CUP SECTION / POOL 1		SEALS	VS	SABLES A
170	13h00	BOYS	U13 CUP SECTION / POOL 1		HAWKS	VS	KNIGHTS RED
171	13h45	BOYS	U13 CUP SECTION / POOL 1		TITANS BEASTS	VS	LIONS BLACK
172	14h30	BOYS	U13 CUP SECTION / POOL 2		VIPERS GREEN	VS	TITANS CHAMPS
173	15h15	BOYS	U13 CUP SECTION / POOL 2		GIANTS A	VS	FOXES
174	16h00	BOYS	U13 CUP SECTION / POOL 2		MAMBAS BLACK	VS	PANTHERS
175	16h45	BOYS	U13 CUP SECTION / POOL 1		SABLES A	VS	KNIGHTS RED
176	17h30	BOYS	U13 CUP SECTION / POOL 1		SEALS	VS	TITANS BEASTS
177	18h15	BOYS	U13 CUP SECTION / POOL 1		HAWKS	VS	LIONS BLACK

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		UCT - COURT 1					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
178	07h30	BOYS	U13 CUP SECTION / POOL 2		VIPERS GREEN	VS	MAMBAS BLACK
179	08h15	BOYS	U13 CUP SECTION / POOL 2		PANTHERS	VS	GIANTS A
180	09h00	BOYS	U13 CUP SECTION / POOL 2		FOXES	VS	TITANS CHAMPS
181	09h45	BOYS	U13 CUP SECTION / POOL 1		SEALS	VS	KNIGHTS RED
182	10h30	BOYS	U13 CUP SECTION / POOL 1		SABLES A	VS	LIONS BLACK
183	11h15	BOYS	U13 CUP SECTION / POOL 1		HAWKS	VS	TITANS BEASTS
184	12h00	BOYS	U13 CUP SECTION / POOL 2		VIPERS GREEN	VS	PANTHERS
185	12h45	BOYS	U13 CUP SECTION / POOL 2		MAMBAS BLACK	VS	FOXES
186	13h30	BOYS	U13 CUP SECTION / POOL 2		GIANTS A	VS	TITANS CHAMPS
187	14h15	BOYS	U13 CUP SECTION / POOL 1		SEALS	VS	LIONS BLACK
188	15h00	BOYS	U13 CUP SECTION / POOL 1		TITANS BEASTS	VS	KNIGHTS RED
189	15h45	BOYS	U13 CUP SECTION / POOL 1		HAWKS	VS	SABLES A
190	16h30	BOYS	U13 CUP SECTION / POOL 2		PANTHERS	VS	FOXES
191	17h15	BOYS	U13 CUP SECTION / POOL 2		VIPERS GREEN	VS	GIANTS A
VENUE		UCT - COURT 2					
192	17h15	BOYS	U13 CUP SECTION / POOL 2		MAMBAS BLACK	VS	TITANS CHAMPS

DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		SUNNINGDALE SPORTS COMPLEX					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
193	08h00	BOYS	U13 CUP SECTION QUARTER FINAL 1		1ST POOL 1	VS	4TH POOL 2
194	08h45	BOYS	U13 CUP SECTION QUARTER FINAL 2		2ND POOL 2	VS	3RD POOL 1
195	09h30	BOYS	U13 CUP SECTION QUARTER FINAL 3		1ST POOL 2	VS	4TH POOL 1
196	10h15	BOYS	U13 CUP SECTION QUARTER FINAL 4		2ND POOL 1	VS	3RD POOL 2
197	11h00	BOYS	U13 CUP SECTION BOTTOM 4		5TH POOL 1	VS	6TH POOL 2
198	11h45	BOYS	U13 CUP SECTION BOTTOM 4		6TH POOL 1	VS	5TH POOL 2
199	12h30	BOYS	U13 CUP SECTION PLAYOFFS		LOSER QF1	VS	LOSER QF2
200	13h15	BOYS	U13 CUP SECTION PLAYOFFS		LOSER QF3	VS	LOSER QF4
201	14h00	BOYS	U13 CUP SECTION SEMI FINAL 1		WINNER QF1	VS	WINNER QF2
202	15h00	BOYS	U13 CUP SECTION SEMI FINAL 2		WINNER QF3	VS	WINNER QF4
203	15h45	BOYS	U13 CUP SECTION POSITION 9TH AND 10TH		WINNER OF GAME 197	VS	WINNER OF GAME 198
204	16h30	BOYS	U13 CUP SECTION POSITION 11TH AND 12TH		LOSER OF GAME 197	VS	LOSER OF GAME 198
205	17h15	BOYS	U13 CUP SECTION POSITION 5TH AND 6TH		WINNER OF GAME 199	VS	WINNER OF GAME 200
206	18h00	BOYS	U13 CUP SECTION POSITION 7TH AND 8TH		LOSER OF GAME 199	VS	LOSER OF GAME 200

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4		
VENUE		UCT - COURT 1						
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2	
207	09h20	BOYS	U13 CUP SECTION		BRONZE 3RD VS 4TH			
208	12h00	BOYS	U13 CUP SECTION		GOLD / SILVER 1ST VS 2ND			
13h00			PRIZE GIVING AT UCT					

FIXTURES U13 BOYS SHIELD



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		SETTLERS HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
209	08h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		SHARKS	VS	GIANTS B
210	09h30	BOYS	U13 BOYS SHIELD SECTION POOL 1		SCORPIONS	VS	STRIKERS
211	10h15	BOYS	U13 BOYS SHIELD SECTION POOL 1		SABLES B	VS	MAMBAS GREEN
212	11h00	BOYS	U13 BOYS SHIELD SECTION POOL 1		TITANS WARRIORS	VS	SHARKS
213	11h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		SCORPIONS	VS	GIANTS B
214	12h30	BOYS	U13 BOYS SHIELD SECTION POOL 1		SABLES B	VS	STRIKERS
215	13h15	BOYS	U13 BOYS SHIELD SECTION POOL 1		MAMBAS GREEN	VS	TITANS WARRIORS
216	14h00	BOYS	U13 BOYS SHIELD SECTION POOL 1		SHARKS	VS	SCORPIONS
217	14h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		STRIKERS	VS	GIANTS B
218	15h30	BOYS	U13 BOYS SHIELD SECTION POOL 1		SABLES B	VS	TITANS WARRIORS
VENUE		UCT - COURT 1					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
219	08h45	BOYS	U13 BOYS SHIELD SECTION POOL 2		VIPERS YELLOW	VS	EAGLES
220	09h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		TITANS JOES	VS	FOXES CUBS
221	10h15	BOYS	U13 BOYS SHIELD SECTION POOL 2		LEOPARDS	VS	SEAL PUPS
222	11h00	BOYS	U13 BOYS SHIELD SECTION POOL 2		KNIGHTS BLACK	VS	VIPERS YELLOW
223	11h45	BOYS	U13 BOYS SHIELD SECTION POOL 2		TITANS JOES	VS	EAGLES
224	12h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		LEOPARDS	VS	FOXES CUBS
225	13h15	BOYS	U13 BOYS SHIELD SECTION POOL 2		SEAL PUPS	VS	KNIGHTS BLACK
226	14h00	BOYS	U13 BOYS SHIELD SECTION POOL 2		VIPERS YELLOW	VS	TITANS JOES
227	14h45	BOYS	U13 BOYS SHIELD SECTION POOL 2		FOXES CUBS	VS	EAGLES
228	15h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		LEOPARDS	VS	KNIGHTS BLACK

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		DF MALAN HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
229	08h15	BOYS	U13 BOYS SHIELD SECTION POOL 1		MAMBAS GREEN	VS	SCORPIONS
230	09h00	BOYS	U13 BOYS SHIELD SECTION POOL 1		TITANS WARRIORS	VS	GIANTS B
231	09h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		SABLES B	VS	SHARKS
232	10h30	BOYS	U13 BOYS SHIELD SECTION POOL 1		STRIKERS	VS	MAMBAS GREEN
233	11h15	BOYS	U13 BOYS SHIELD SECTION POOL 1		SCORPIONS	VS	TITANS WARRIORS
234	12h00	BOYS	U13 BOYS SHIELD SECTION POOL 1		GIANTS B	VS	SABLES B
235	12h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		SHARKS	VS	STRIKERS
	13h30						BREAK
236	14h15	BOYS	U13 BOYS SHIELD SECTION POOL 1		MAMBAS GREEN	VS	GIANTS B
237	15h00	BOYS	U13 BOYS SHIELD SECTION POOL 1		SCORPIONS	VS	SABLES B
238	15h45	BOYS	U13 BOYS SHIELD SECTION POOL 1		TITANS WARRIORS	VS	STRIKERS
239	16h30	BOYS	U13 BOYS SHIELD SECTION POOL 1		SHARKS	VS	MAMBAS GREEN
VENUE		SETTLERS HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
240	08h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		SEAL PUPS	VS	TITANS JOES
241	09h15	BOYS	U13 BOYS SHIELD SECTION POOL 2		KNIGHTS BLACK	VS	EAGLES
242	10h00	BOYS	U13 BOYS SHIELD SECTION POOL 2		LEOPARDS	VS	VIPERS YELLOW
243	10h45	BOYS	U13 BOYS SHIELD SECTION POOL 2		FOXES CUBS	VS	SEAL PUPS
244	11h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		TITANS JOES	VS	KNIGHTS BLACK
245	12h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		EAGLES	VS	LEOPARDS
246	13h00	BOYS	U13 BOYS SHIELD SECTION POOL 2		VIPERS YELLOW	VS	FOXES CUBS
	13h45						BREAK
247	14h00	BOYS	U13 BOYS SHIELD SECTION POOL 2		SEAL PUPS	VS	EAGLES
248	14h45	BOYS	U13 BOYS SHIELD SECTION POOL 2		TITANS JOES	VS	LEOPARDS
249	15h30	BOYS	U13 BOYS SHIELD SECTION POOL 2		KNIGHTS BLACK	VS	FOXES CUBS
250	16h15	BOYS	U13 BOYS SHIELD SECTION POOL 2		VIPERS YELLOW	VS	SEAL PUPS
250	16h15	BOYS	U13 BOYS SHIELD SECTION POOL 2		VIPERS YELLOW	VS	SEAL PUPS

FIXTURES U13 BOYS SHIELD



DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
251	09h30	BOYS	U13 SHIELD SECTION BOTTOM 4	7TH POOL 1	VS	7TH POOL 2	
252	10h15	BOYS	U13 SHIELD SECTION BOTTOM 4	6TH POOL 1	VS	6TH POOL 2	
253	11h00	BOYS	U13 SHIELD SECTION MIDDLE 4	5TH POOL 1	VS	5TH POOL 2	
254	11h45	BOYS	U13 SHIELD SECTION MIDDLE 4	4TH POOL 1	VS	4TH POOL 2	
255	12h30	BOYS	U13 SHIELD SECTION BOTTOM 4	7TH POOL 1	VS	6TH POOL 2	
256	13h15	BOYS	U13 SHIELD SECTION BOTTOM 4	6TH POOL 1	VS	7TH POOL 2	
257	14h00	BOYS	U13 SHIELD SECTION MIDDLE 4	5TH POOL 1	VS	4TH POOL 2	
258	14h45	BOYS	U13 SHIELD SECTION MIDDLE 4	4TH POOL 1	VS	5TH POOL 2	
VENUE		REDDAM TOKAI					
259	08h15	BOYS	U13 SHIELD SECTION TOP 6	2ND POOL 1	VS	1ST POOL 2	
260	09h00	BOYS	U13 SHIELD SECTION TOP 6	3RD POOL 1	VS	2ND POOL 2	
261	09h45	BOYS	U13 SHIELD SECTION TOP 6	1ST POOL 1	VS	3RD POOL 2	
	10h30					BREAK	
262	11h15	BOYS	U13 SHIELD SECTION TOP 6	3RD POOL 1	VS	1ST POOL 2	
263	12h00	BOYS	U13 SHIELD SECTION TOP 6	2ND POOL 1	VS	3RD POOL 2	
264	12h45	BOYS	U13 SHIELD SECTION TOP 6	1ST POOL 1	VS	2ND POOL 2	
	13h30					BREAK	
265	14h15	BOYS	U13 SHIELD SECTION TOP 6	3RD POOL 1	VS	3RD POOL 2	
266	15h00	BOYS	U13 SHIELD SECTION TOP 6	2ND POOL 1	VS	2ND POOL 2	
267	15h45	BOYS	U13 SHIELD SECTION TOP 6	1ST POOL 1	VS	1ST POOL 2	

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4	
VENUE		UCT - COURT 1					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
268	08h30	BOYS	U13 SHIELD SECTION	BRONZE 3RD VS 4TH			
VENUE		UCT - COURT 2					
269	11h15	BOYS	U13 SHIELD SECTION	GOLD/SILVER 1ST VS 2ND			
	13h00			PRIZE GIVING AT UCT			

FIXTURES U13 BOYS PLATE



DATE		THURSDAY			14TH DECEMBER 2023			DAY 1	
VENUE		PINELANDS HIGH SCHOOL							
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2		
270	08h00	BOYS	U13 PLATE SECTION		QUAGGAS	VS	BEARS BLACK		
271	08h45	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	MAMBAS YELLOW		
272	09h30	BOYS	U13 PLATE SECTION		CHEETAHS	VS	FLAMES		
273	10h15	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	SABLES NAVY		
274	11h00	BOYS	U13 PLATE SECTION		BEARS BLACK	VS	RHINOS BLACK		
275	11h45	BOYS	U13 PLATE SECTION		QUAGGAS	VS	FLAMES		
276	12h30	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	TITANS LEGENDS		
277	13h15	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	MAMBAS YELLOW		
278	14h00	BOYS	U13 PLATE SECTION		RHINOS BLACK	VS	CHEETAHS		
279	14h45	BOYS	U13 PLATE SECTION		FLAMES	VS	BEARS BLACK		
280	15h30	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	TITANS LEGENDS		
281	16h15	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	MAMBAS YELLOW		
282	17h00	BOYS	U13 PLATE SECTION		QUAGGAS	VS	CHEETAHS		

DATE		FRIDAY			15TH DECEMBER 2023			DAY 2	
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS							
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2		
283	08h00	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	BEARS BLACK		
284	08h45	BOYS	U13 PLATE SECTION		MAMBAS YELLOW	VS	FLAMES		
285	09h30	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	CHEETAHS		
286	10h15	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	RHINOS BLACK		
287	11h00	BOYS	U13 PLATE SECTION		MAMBAS YELLOW	VS	QUAGGAS		
288	11h45	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	FLAMES		
289	12h30	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	RHINOS BLACK		
290	13h15	BOYS	U13 PLATE SECTION		MAMBAS YELLOW	VS	BEARS BLACK		
291	14h00	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	CHEETAHS		
292	14h45	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	QUAGGAS		
293	15h30	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	FLAMES		
294	16h15	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	RHINOS BLACK		
295	17h00	BOYS	U13 PLATE SECTION		CHEETAHS	VS	BEARS BLACK		

DATE		SATURDAY			16TH DECEMBER 2023			DAY 3	
VENUE		SOMERSET COLLEGE							
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2		
296	08h15	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	FLAMES		
297	09h00	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	BEARS BLACK		
298	09h45	BOYS	U13 PLATE SECTION		MAMBAS YELLOW	VS	RHINOS BLACK		
299	10h30	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	QUAGGAS		
300	11h15	BOYS	U13 PLATE SECTION		SABLES NAVY	VS	CHEETAHS		
301	12h00	BOYS	U13 PLATE SECTION		RHINOS BLACK	VS	FLAMES		
302	12h45	BOYS	U13 PLATE SECTION		TITANS LEGENDS	VS	QUAGGAS		
303	13h30	BOYS	U13 PLATE SECTION		SUNBIRDS	VS	BEARS BLACK		
304	14h15	BOYS	U13 PLATE SECTION		MAMBAS YELLOW	VS	CHEETAHS		
305	15h00	BOYS	U13 PLATE SECTION		RHINOS BLACK	VS	QUAGGAS		
	15h45	BOYS	BREAK IF NEEDED						
306	16h15	BOYS	U13 PLATE SECTION		ELIMINATOR	VS	2ND VS 3RD		
307	17h00	BOYS	U13 PLATE SECTION		8TH	VS	9TH		

DATE		SUNDAY			17TH DECEMBER 2023			DAY 4	
VENUE		UCT - COURT 2							
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2		
308	08h00	BOYS	U13 PLATE SECTION		BRONZE 3RD VS 4TH				
309	09h40	BOYS	U13 PLATE SECTION		GOLD 1ST VS 2ND				
	13h00		PRIZE GIVING AT UCT						

FIXTURES U14 GIRLS CUP



DATE		THURSDAY	14TH DECEMBER 2023		DAY 1	
VENUE		ST CYPRIANS GIRLS SCHOOL				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
310	07h30	GIRLS	U14 CUP SECTION / POOL 1	VIPERS GREEN	VS	GRYPHONS A
311	08h15	GIRLS	U14 CUP SECTION / POOL 1	KNIGHTS RED	VS	TITANS CHAMPS
312	09h00	GIRLS	U14 CUP SECTION / POOL 1	SABLES A	VS	LIONS BLACK
313	09h45	GIRLS	U14 CUP SECTION / POOL 2	HAWKS	VS	SEALS
314	10h30	GIRLS	U14 CUP SECTION / POOL 2	PANTHERS	VS	FOXES
315	11h15	GIRLS	U14 CUP SECTION / POOL 2	MAMBAS BLACK	VS	NORTHERNS UNITED BLACK
316	12h00	GIRLS	U14 CUP SECTION / POOL 1	VIPERS GREEN	VS	KNIGHTS RED
317	12h45	GIRLS	U14 CUP SECTION / POOL 1	GRYPHONS A	VS	SABLES A
318	13h30	GIRLS	U14 CUP SECTION / POOL 1	TITANS CHAMPS	VS	LIONS BLACK
319	14h15	GIRLS	U14 CUP SECTION / POOL 2	HAWKS	VS	FOXES
320	15h00	GIRLS	U14 CUP SECTION / POOL 2	NORTHERNS UNITED BLACK	VS	SEALS
321	15h45	GIRLS	U14 CUP SECTION / POOL 2	MAMBAS BLACK	VS	PANTHERS
322	16h30	GIRLS	U14 CUP SECTION / POOL 1	KNIGHTS RED	VS	SABLES A
323	17h15	GIRLS	U14 CUP SECTION / POOL 1	VIPERS GREEN	VS	TITANS CHAMPS
324	18h00	GIRLS	U14 CUP SECTION / POOL 1	GRYPHONS A	VS	LIONS BLACK

DATE		FRIDAY	15TH DECEMBER 2023		DAY 2	
VENUE		LA ROCHELLE GIRLS SCHOOL				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
325	07h45	GIRLS	U14 CUP SECTION / POOL 2	HAWKS	VS	MAMBAS BLACK
326	08h30	GIRLS	U14 CUP SECTION / POOL 2	PANTHERS	VS	NORTHERNS UNITED BLACK
327	09h15	GIRLS	U14 CUP SECTION / POOL 2	SEALS	VS	FOXES
328	10h00	GIRLS	U14 CUP SECTION / POOL 1	VIPERS GREEN	VS	SABLES A
329	10h45	GIRLS	U14 CUP SECTION / POOL 1	KNIGHTS RED	VS	LIONS BLACK
330	11h30	GIRLS	U14 CUP SECTION / POOL 1	GRYPHONS A	VS	TITANS CHAMPS
331	12h15	GIRLS	U14 CUP SECTION / POOL 2	HAWKS	VS	PANTHERS
332	13h00	GIRLS	U14 CUP SECTION / POOL 2	MAMBAS BLACK	VS	SEALS
333	13h45	GIRLS	U14 CUP SECTION / POOL 2	NORTHERNS UNITED BLACK	VS	FOXES
334	14h30	GIRLS	U14 CUP SECTION / POOL 1	VIPERS GREEN	VS	LIONS BLACK
335	15h15	GIRLS	U14 CUP SECTION / POOL 1	TITANS CHAMPS	VS	SABLES A
336	16h00	GIRLS	U14 CUP SECTION / POOL 1	GRYPHONS A	VS	KNIGHTS RED
337	16h45	GIRLS	U14 CUP SECTION / POOL 2	PANTHERS	VS	SEALS
338	17h30	GIRLS	U14 CUP SECTION / POOL 2	HAWKS	VS	NORTHERNS UNITED BLACK
339	18h15	GIRLS	U14 CUP SECTION / POOL 2	MAMBAS BLACK	VS	FOXES

DATE		SATURDAY	16TH DECEMBER 2023		DAY 3	
VENUE		HERSCHEL GIRLS SCHOOL				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
340	07h30	GIRLS	U14 CUP SECTION QUARTER FINAL 1	1ST POOL 1	VS	4TH POOL 2
341	08h15	GIRLS	U14 CUP SECTION QUARTER FINAL 2	2ND POOL 2	VS	3RD POOL 1
342	09h00	GIRLS	U14 CUP SECTION QUARTER FINAL 3	1ST POOL 2	VS	4TH POOL 1
343	09h45	GIRLS	U14 CUP SECTION QUARTER FINAL 4	2ND POOL 1	VS	3RD POOL 2
344	10h30	GIRLS	U14 CUP SECTION BOTTOM 4	5TH POOL 1	VS	6TH POOL 2
345	11h30	GIRLS	U14 CUP SECTION BOTTOM 4	6TH POOL 1	VS	5TH POOL 2
346	12h15	GIRLS	U14 CUP SECTION PLAYOFFS	LOSER QF1	VS	LOSER QF2
347	13h00	GIRLS	U14 CUP SECTION PLAYOFFS	LOSER QF2	VS	LOSER QF4
348	13h45	GIRLS	U14 CUP SECTION SEMI FINAL 1	WINNER QF1	VS	WINNER QF2
349	14h30	GIRLS	U14 CUP SECTION SEMI FINAL 2	WINNER QF3	VS	WINNER QF4
350	15h30	GIRLS	U14 CUP SECTION POSITION 9TH AND 10TH	WINNER OF GAME 343	VS	WINNER OF GAME 344
351	16h15	GIRLS	U14 CUP SECTION POSITION 11TH AND 12TH	LOSER OF GAME 343	VS	LOSER OF GAME 344
352	17h00	GIRLS	U14 CUP SECTION POSITION 5TH AND 6TH	WINNER OF GAME 345	VS	WINNER OF GAME 346
353	17h45	GIRLS	U14 CUP SECTION POSITION 7TH AND 8TH	LOSER OF GAME 345	VS	LOSER OF GAME 346

DATE		SUNDAY	17TH DECEMBER 2023		DAY 4	
VENUE		ST CYPRIANS GIRLS SCHOOL				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
354	09h40	GIRLS	U14 CUP SECTION	BRONZE 3RD VS 4TH		
VENUE		WYNBERG MILITARY BASE				
355	11h00	GIRLS	U14 CUP SECTION	GOLD / SILVER 1ST VS 2ND		
	13h00			PRIZE GIVING AT WYNBERG MILITARY BASE		

FIXTURES U14 GIRLS SHIELD



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		HERSCHEL GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
356	08h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SHARKS	VS	BEARS
357	09h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SCORPIONS	VS	FLAMES
358	10h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SABLES B	VS	PUMAS
359	11h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		CRANES	VS	SHARKS
360	11h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SCORPIONS	VS	BEARS
361	12h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SABLES B	VS	FLAMES
362	13h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		PUMAS	VS	CRANES
363	14h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SHARKS	VS	SCORPIONS
364	14h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		FLAMES	VS	BEARS
365	15h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SABLES B	VS	CRANES
VENUE		REDDAM TOKAI					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
366	08h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		SUNBIRDS	VS	LEOPARDS
367	09h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		GRYPHONS B	VS	MAMBAS GREEN
368	10h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TIGERS	VS	NORTHERNS UNITED WHITE
369	11h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TITANS BEASTS	VS	SUNBIRDS
370	11h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		GRYPHONS B	VS	LEOPARDS
371	12h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TIGERS	VS	MAMBAS GREEN
372	13h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		NORTHERNS UNITED WHITE	VS	TITANS BEASTS
373	14h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		SUNBIRDS	VS	GRYPHONS B
374	14h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		MAMBAS GREEN	VS	LEOPARDS
375	15h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TIGERS	VS	TITANS BEASTS

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		FAIRMONT HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
376	08h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		PUMAS	VS	SCORPIONS
377	09h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		CRANES	VS	BEARS
378	10h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SABLES B	VS	SHARKS
379	11h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		FLAMES	VS	PUMAS
380	11h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SCORPIONS	VS	CRANES
381	12h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		BEARS	VS	SABLES B
382	13h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SHARKS	VS	FLAMES
	14h00						BREAK
383	14h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		PUMAS	VS	BEARS
384	15h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SCORPIONS	VS	SABLES B
385	16h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		CRANES	VS	FLAMES
386	16h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 1		SHARKS	VS	PUMAS
VENUE		ST CYPRIANS GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
387	08h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		NORTHERNS UNITED WHITE	VS	GRYPHONS B
388	09h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TITANS BEASTS	VS	LEOPARDS
389	10h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TIGERS	VS	SUNBIRDS
390	10h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		MAMBAS GREEN	VS	NORTHERNS UNITED WHITE
391	11h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		GRYPHONS B	VS	TITANS BEASTS
392	12h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		LEOPARDS	VS	TIGERS
393	13h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		SUNBIRDS	VS	MAMBAS GREEN
	13h45						BREAK
394	14h00	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		NORTHERNS UNITED WHITE	VS	LEOPARDS
395	14h45	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		GRYPHONS B	VS	TIGERS
396	15h30	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		TITANS BEASTS	VS	MAMBAS GREEN
397	16h15	GIRLS	U14 GIRLS SHIELD SECTION POOL 2		SUNBIRDS	VS	NORTHERNS UNITED WHITE

FIXTURES U14 GIRLS SHIELD



DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		DF MALAN HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
398	09h30	GIRLS	U14 SHIELD SECTION BOTTOM 4	7TH POOL 1	VS	6TH POOL 2	
399	10h20	GIRLS	U14 SHIELD SECTION BOTTOM 4	6TH POOL 1	VS	7TH POOL 2	
400	11h10	GIRLS	U14 SHIELD SECTION MIDDLE 4	5TH POOL 1	VS	4TH POOL 2	
401	12h00	GIRLS	U14 SHIELD SECTION MIDDLE 4	4TH POOL 1	VS	5TH POOL 2	
402	12h50	GIRLS	U14 SHIELD SECTION POSITION 13TH AND 14TH	LOSER OF GAME 398	VS	LOSER OF GAME 399	
403	13h40	GIRLS	U14 SHIELD SECTION POSITION 11TH AND 12TH	WINNER OF GAME 398	VS	WINNER OF GAME 399	
404	14h30	GIRLS	U14 SHIELD SECTION POSITION 9TH AND 10TH	LOSER OF GAME 400	VS	LOSER OF GAME 401	
405	15h20	GIRLS	U14 SHIELD SECTION POSITION 7TH AND 8TH	WINNER OF GAME 400	VS	WINNER OF GAME 401	
VENUE		SETTLERS HIGH SCHOOL					
406	09h30	GIRLS	U14 SHIELD SECTION TOP 6	2ND POOL 1	VS	1ST POOL 2	
407	10h15	GIRLS	U14 SHIELD SECTION TOP 6	3RD POOL 1	VS	2ND POOL 2	
408	11h00	GIRLS	U14 SHIELD SECTION TOP 6	1ST POOL 1	VS	3RD POOL 2	
	11h45					BREAK	
409	12h00	GIRLS	U14 SHIELD SECTION TOP 6	3RD POOL 1	VS	1ST POOL 2	
410	12h45	GIRLS	U14 SHIELD SECTION TOP 6	2ND POOL 1	VS	3RD POOL 2	
411	13h30	GIRLS	U14 SHIELD SECTION TOP 6	1ST POOL 1	VS	2ND POOL 2	
	14h15					BREAK	
412	14h45	GIRLS	U14 SHIELD SECTION TOP 6	3RD POOL 1	VS	3RD POOL 2	
413	15h30	GIRLS	U14 SHIELD SECTION TOP 6	2ND POOL 1	VS	2ND POOL 2	
414	16h15	GIRLS	U14 SHIELD SECTION TOP 6	1ST POOL 1	VS	1ST POOL 2	

DATE		FRIDAY		21-Dec		FINALS DAY	
VENUE		HERSCHEL GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
415	08h20	GIRLS	U14 SHIELD SECTION	BRONZE 3RD VS 4TH			
VENUE		WYNBERG MILITARY BASE					
416	09h20	GIRLS	U14 SHIELD SECTION	GOLD 1ST VS 2ND			
	13h00		PRIZE GIVING AT WYNBERG MILITARY BASE				

FIXTURES U14 BOYS CUP



DATE		THURSDAY		14TH DECEMBER 2023		DAY 1	
VENUE		SUNNINGDALE SPORTS COMPLEX					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
417	07h30	BOYS	U14 BOYS CUP SECTION		HAWKS	VS	PANTHERS
418	08h15	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	KNIGHTS RED
419	09h00	BOYS	U14 BOYS CUP SECTION		VIPERS GREEN	VS	SABLES A
420	09h45	BOYS	U14 BOYS CUP SECTION		SEALS	VS	FOXES GREY
421	10h30	BOYS	U14 BOYS CUP SECTION		MAMBAS BLACK	VS	GRYPHONS
422	11h15	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	HAWKS
423	12h00	BOYS	U14 BOYS CUP SECTION		VIPERS GREEN	VS	KNIGHTS RED
424	12h45	BOYS	U14 BOYS CUP SECTION		SEALS	VS	PANTHERS
425	13h30	BOYS	U14 BOYS CUP SECTION		MAMBAS BLACK	VS	SABLES A
426	14h15	BOYS	U14 BOYS CUP SECTION		GRYPHONS	VS	FOXES GREY
427	15h00	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	VIPERS GREEN
428	15h45	BOYS	U14 BOYS CUP SECTION		SEALS	VS	HAWKS
429	16h30	BOYS	U14 BOYS CUP SECTION		MAMBAS BLACK	VS	KNIGHTS RED
430	17h15	BOYS	U14 BOYS CUP SECTION		GRYPHONS	VS	PANTHERS
431	18h00	BOYS	U14 BOYS CUP SECTION		FOXES GREY	VS	SABLES A

DATE		FRIDAY		15TH DECEMBER 2023		DAY 2	
VENUE		FISH HOEK HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
432	07h45	BOYS	U14 BOYS CUP SECTION		MAMBAS BLACK	VS	VIPERS GREEN
433	08h30	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	SEALS
434	09h15	BOYS	U14 BOYS CUP SECTION		GRYPHONS	VS	HAWKS
435	10h00	BOYS	U14 BOYS CUP SECTION		FOXES GREY	VS	KNIGHTS RED
436	10h45	BOYS	U14 BOYS CUP SECTION		SABLES A	VS	PANTHERS
437	11h30	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	MAMBAS BLACK
438	12h15	BOYS	U14 BOYS CUP SECTION		GRYPHONS	VS	SEALS
439	13h00	BOYS	U14 BOYS CUP SECTION		FOXES GREY	VS	VIPERS GREEN
440	13h45	BOYS	U14 BOYS CUP SECTION		SABLES A	VS	HAWKS
441	14h30	BOYS	U14 BOYS CUP SECTION		PANTHERS	VS	KNIGHTS RED
442	15h15	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	GRYPHONS
443	16h00	BOYS	U14 BOYS CUP SECTION		FOXES GREY	VS	MAMBAS BLACK
444	16h45	BOYS	U14 BOYS CUP SECTION		SABLES A	VS	SEALS
445	17h30	BOYS	U14 BOYS CUP SECTION		PANTHERS	VS	VIPERS GREEN
446	18h15	BOYS	U14 BOYS CUP SECTION		KNIGHTS RED	VS	HAWKS

DATE		SATURDAY		16TH DECEMBER 2023		DAY 3	
VENUE		ST CYPRIANS GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
447	07h30	BOYS	U14 BOYS CUP SECTION		SABLES A	VS	GRYPHONS
448	08h15	BOYS	U14 BOYS CUP SECTION		PANTHERS	VS	MAMBAS BLACK
449	09h00	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	FOXES GREY
450	09h45	BOYS	U14 BOYS CUP SECTION		KNIGHTS RED	VS	SEALS
451	10h30	BOYS	U14 BOYS CUP SECTION		HAWKS	VS	VIPERS GREEN
452	11h15	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	SABLES A
453	12h00	BOYS	U14 BOYS CUP SECTION		PANTHERS	VS	FOXES GREY
454	12h45	BOYS	U14 BOYS CUP SECTION		KNIGHTS RED	VS	GRYPHONS
455	13h30	BOYS	U14 BOYS CUP SECTION		HAWKS	VS	MAMBAS BLACK
456	14h15	BOYS	U14 BOYS CUP SECTION		VIPERS GREEN	VS	SEALS
457	15h00	BOYS	U14 BOYS CUP SECTION		TITANS CHAMPS	VS	PANTHERS
458	15h45	BOYS	U14 BOYS CUP SECTION		KNIGHTS RED	VS	SABLES A
459	16h30	BOYS	U14 BOYS CUP SECTION		HAWKS	VS	FOXES GREY
460	17h15	BOYS	U14 BOYS CUP SECTION		VIPERS GREEN	VS	GRYPHONS
461	18h00	BOYS	U14 BOYS CUP SECTION		SEALS	VS	MAMBAS BLACK

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4	
VENUE		ST CYPRIANS GIRLS SCHOOL					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
462	08h00	BOYS	U14 BOYS CUP SECTION SEMI FINAL 1		1ST IN POOL	VS	4TH IN POOL
463	08h50	BOYS	U14 BOYS CUP SECTION SEMI FINAL 2		2ND IN POOL	VS	3RD IN POOL
464	10h30	BOYS	U14 BOYS CUP SECTION		LOSERS OF SEMI'S FOR BRONZE 3RD VS 4TH		
VENUE		WYNBERG MILITARY BASE					
465	12h00	BOYS	U14 BOYS CUP SECTION		WINNERS OF SEMI'S FOR GOLD 1ST VS 2ND		
	13h00				PRIZE GIVING AT WYNBERG MILITARY BASE		

FIXTURES U14 BOYS SHIELD



DATE THURSDAY 14TH DECEMBER 2023 DAY 1

VENUE FAIRMONT HIGH SCHOOL						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
466	08h00	BOYS	U14 SHIELD SECTION POOL 1	SABLES B	VS	MAMBAS GREEN
467	08h45	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	TITANS BEASTS
468	09h30	BOYS	U14 SHIELD SECTION POOL 1	LIONS BLACK	VS	STRIKERS
469	10h15	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	RHINOS
470	11h00	BOYS	U14 SHIELD SECTION POOL 1	MAMBAS GREEN	VS	CHEETAHS
471	11h45	BOYS	U14 SHIELD SECTION POOL 1	SABLES B	VS	STRIKERS
472	12h30	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	FOXES BLACK
473	13h15	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	TITANS BEASTS
474	14h00	BOYS	U14 SHIELD SECTION POOL 1	CHEETAHS	VS	LIONS BLACK
475	14h45	BOYS	U14 SHIELD SECTION POOL 1	STRIKERS	VS	MAMBAS GREEN
476	15h30	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	FOXES BLACK
477	16h15	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	TITANS BEASTS
478	17h00	BOYS	U14 SHIELD SECTION POOL 1	SABLES B	VS	LIONS BLACK

VENUE COLLEGE OF CAPE TOWN

GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
479	08h00	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	VIPERS YELLOW
480	08h45	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	FLAMES
481	09h30	BOYS	U14 SHIELD SECTION POOL 2	NORTHERNS UNITED	VS	TIGERS
482	10h15	BOYS	U14 SHIELD SECTION POOL 2	FIRE	VS	SCORPIONS
483	11h00	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	SUNBIRDS
484	11h45	BOYS	U14 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	TIGERS
485	12h30	BOYS	U14 SHIELD SECTION POOL 2	FLAMES	VS	FIRE
486	13h15	BOYS	U14 SHIELD SECTION POOL 2	NORTHERNS UNITED	VS	SCORPIONS
487	14h00	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	TIGERS
488	14h45	BOYS	U14 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	FIRE
489	15h30	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	SCORPIONS
490	16h15	BOYS	U14 SHIELD SECTION POOL 2	FLAMES	VS	NORTHERNS UNITED

DATE FRIDAY 15TH DECEMBER 2023 DAY 2

VENUE SUNNINGDALE SPORTS COMPLEX						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
491	08h00	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	MAMBAS GREEN
492	08h45	BOYS	U14 SHIELD SECTION POOL 1	TITANS BEASTS	VS	STRIKERS
493	09h30	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	LIONS BLACK
494	10h15	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	CHEETAHS
495	11h00	BOYS	U14 SHIELD SECTION POOL 1	TITANS BEASTS	VS	SABLES B
496	11h45	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	STRIKERS
497	12h30	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	CHEETAHS
498	13h15	BOYS	U14 SHIELD SECTION POOL 1	TITANS BEASTS	VS	MAMBAS GREEN
499	14h00	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	LIONS BLACK
500	14h45	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	SABLES B
501	15h30	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	STRIKERS
502	16h15	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	CHEETAHS
503	17h00	BOYS	U14 SHIELD SECTION POOL 1	LIONS BLACK	VS	MAMBAS GREEN

VENUE SOMERSET COLLEGE

GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
504	08h45	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	VIPERS YELLOW
505	09h30	BOYS	U14 SHIELD SECTION POOL 2	TIGERS	VS	FIRE
506	10h15	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	NORTHERNS UNITED
507	11h00	BOYS	U14 SHIELD SECTION POOL 2	FLAMES	VS	SCORPIONS
508	11h45	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	FIRE
509	12h30	BOYS	U14 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	NORTHERNS UNITED
510	13h15	BOYS	U14 SHIELD SECTION POOL 2	TIGERS	VS	SCORPIONS
511	14h00	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	FLAMES
512	14h45	BOYS	U14 SHIELD SECTION POOL 2	NORTHERNS UNITED	VS	FIRE
513	15h30	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	SCORPIONS
514	16h15	BOYS	U14 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	FLAMES
515	17h00	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	TIGERS

FIXTURES U14 BOYS SHIELD



DATE		SATURDAY		16TH DECEMBER 2023		DAY 3		
VENUE		UCT - COURT 1						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2		
516	08h00	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	STRIKERS		
517	08h45	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	MAMBAS GREEN		
518	09h30	BOYS	U14 SHIELD SECTION POOL 1	TITANS BEASTS	VS	CHEETAHS		
519	10h15	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	SABLES B		
520	11h00	BOYS	U14 SHIELD SECTION POOL 1	RHINOS	VS	LIONS BLACK		
521	11h45	BOYS	U14 SHIELD SECTION POOL 1	CHEETAHS	VS	STRIKERS		
522	12h30	BOYS	U14 SHIELD SECTION POOL 1	FOXES BLACK	VS	SABLES B		
523	13h15	BOYS	U14 SHIELD SECTION POOL 1	SHARKS	VS	MAMBAS GREEN		
524	14h00	BOYS	U14 SHIELD SECTION POOL 1	TITANS BEASTS	VS	LIONS BLACK		
525	14h45	BOYS	U14 SHIELD SECTION POOL 1	CHEETAHS	VS	SABLES B		
	15h30	BOYS	BREAK IF NEEDED					
526	15h45	BOYS	U14 SHIELD SECTION SEMI FINAL 1	1ST POOL 1	VS	2ND POOL 2		
527	16h30	BOYS	U14 SHIELD SECTION SEMI FINAL 2	2ND POOL	VS	1ST POOL 2		
VENUE		FAIRMONT HIGH SCHOOL						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2		
528	09h00	BOYS	U14 SHIELD SECTION POOL 2	SUNBIRDS	VS	NORTHERNS UNITED		
529	09h50	BOYS	U14 SHIELD SECTION POOL 2	VIPERS YELLOW	VS	SCORPIONS		
530	10h40	BOYS	U14 SHIELD SECTION POOL 2	ELEPHANTS	VS	FIRE		
531	11h30	BOYS	U14 SHIELD SECTION POOL 2	FLAMES	VS	TIGERS		
	12h15	BOYS	SEMI FINAL TEAMS TO UCT	BREAK				
532	12h30	BOYS	U14 SHIELD SECTION POOL 2	8TH		7TH		
533	13h15	BOYS	U14 SHIELD SECTION POOL 2	6TH		5TH		
534	14h00	BOYS	U14 SHIELD SECTION POOL 2	4TH		3RD		

DATE		SUNDAY		17TH DECEMBER 2023		DAY 4		
VENUE		WYNBERG MILITARY BASE						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2		
535	08h30	BOYS	U14 SHIELD SECTION POOL 1	BRONZE 3RD VS 4TH				
536	10h10	BOYS	U14 SHIELD SECTION POOL 1	GOLD 1ST VS 2ND				
	13h00		PRIZE GIVING AT WYNBERG MILITARY BASE					

THE ELEPHANTS ARE BACK





BEARS

U13 Boys Black Bears

COACH: Tristan van der Spuy

Reynardt Breytenbach
Rayhan Fitz
I.R Van Der Merwe
Christian Janse Van Rensburg
Tsebu Kubu
Luan Kruger
Jayden Le Roux
Francois Steenkamp
Brendan Wansbury

U13 Girls Black Bears

COACH: May-Louise Stassen

Riley Harris
Lameez Seedat
Larezé Hattingh
Mieke-Lee Wessels
Ellé Cloete
Laila Jacobs
Dané Voster
Phia Nel

U13 Girls Brown Bears

COACH: Jo-nelke Swanepoel

Zintle James
Tlotlang Mosime
Logan Williams
Peyton Colby
Deune du plessis
Nelri Brisley
Hane Brisley
Chani Vorster
Abigail Correia
Anel Adendorff

U14 Girls

COACH: Tarrin Ramsden

Dane Janse van Vuuren
Carmen Van Wyk
Mieke Botha
Iliana De Gouveia
Storm Harris
Mia Oertel
Keira Ridgard
Janda Pretorius



FRANCHISE OWNER Vusi Nkosi
FRANCHISE MANAGER Jolene Herbst

CHEETAHS

U13 Boys

COACH: Thabo Pitse

ASSIST. COACH: Stephan Blom

Katiso Letuka
Hlelo Nhlapo
Jacques du Preez
Pieter Botterill
NKATEKO COSSA
Liam/Blom
Garreth Ndlovu
Olwandle Dladla

U13 Girls

COACH: Claire Burger

Elhané van Rooyen
Sunari van Rooyen
Mieke Strydom
Mianke Burger
Lieke Burger
Megan Herbst
Mia Schoonraad
Yune JvR
Dune Coetzee

U14 Boys

COACH: Siya Sibanyoni

Hannes de Beer
Phila Xulu
Ryan Buys
Reghard Schoonraad
Andzani Baloyi
Joshua Strydom
Willem Jacobsz
Nathan Herbst

FRANCHISE OWNER Jack Thonissen
FRANCHISE CO-MANAGER H  l  ne Reyneke
FRANCHISE CO-MANAGER deWilton Lombard



ELEPHANTS

U14 Boys

COACH: Wanda Mtshilibe

ASSIST. COACH: deWilton Lombard

MANAGER: H  l  ne Reyneke

Luke Sturgess

Krige Theron

Oliver Hansson

Liam Jefferies

Tivon Buchalter

Michael-Jay Roets

Kean Dalton

Erik Neville Nothnagel

Albert Jacobs van Rooyen

Jesse smart

Yandisa Litole

FRANCHISE MANAGER Nyaniso Mhayi

FIRE

FIRE

U14 Boys
COACH: Eric Cuba

Felakuthi Mlambo
Linathi Msweli
Siya van Wyk
Ayanda Malawana
Ayabonga Magqaza
Emihle Mjuza
Iminathi Makeleni
Luyolo Cuba

TK

SPAR

Tayla

Nolands

**Belgotex
Sport**



FLAMES

U13 Boys

COACH: Cliff Kaseke

MANAGER: Blessing Wizalamu

Tadiwa Mbonyeke

Gerald Tafuma

Champion Phiri

Kudakwashe Mavuka

Denzel Zinyau

Mufaro Muzvongi

Tyrese Mboma

Andre Wynard James Kriel

Jayden Chinodakufa

U14 Boys

COACH: Takunda Chipumha

MANAGER: Forbes Thindwa

Victor Watama

Nathan Harper

David Harper

Riyad Keriah

Adrian Mudiwa Hunda

Jonah Selous

Tadiswa Munaiwa

Stanley Banda

Shammah Muzvongi

U13 Girls A

COACH: Edgar Muchibwa

MANAGER: Runyararo Chadzinya

Christianne Kuhuni

Ruwarashe Mwaturura

Mirairashe Mupakaviri

Samara Mtema

Nicole Vava

Favor Musabayana

Shannon Bindura

Katelyn Muchemwa

Fadzai Musakanda

U13 Girls B

COACH: Lloyd Faele

MANAGER: Chiyevu Chingoka

Ayanda Chiumbu-Maseko

Ropafadzo Reid

Maita Mawere

Shammah Magorimbo

Chrystal Mukandi

Imlah Nyamhunga

Sanaiyah Prickisie

Ella Boka

U14 Girls

COACH: Kanyiwe Tafuma

MANAGER: Tafadzwa Makamure

Caitlin Bwerinofa

Tamieka Chinodakufa

Chanelle Zhuwakini

Zarina Makwarimba

Esther Nhimura

Tawana Musiyiwa

Anotida Hatendi

Rufaro Gaka

Ropafadzo Mulekano



FRANCHISE CO OWNER Josie Milella, Julian Hykes
& Omari Pienaar Geyer

GIANTS

U13 Boys A

COACH: Julian Hykes

Ashton Delport
Cade Fisher
Cody Fisher
Dean Le Roux
Didier Le Roux
Leungo Nondumo
Matthew Sampson
Murangi Magondo
Santiago Matross
Tanner Napier

U13 Boys B

COACH: Allan Poultan

Alex Jonker
Antonia Rodrigues
Avumile Nondumo
Eddie Visser
Ewann Ernst
Jaidan Bezuidenhout
Liam Cara-Vela
Sipho Kgobe
Tristan McQue

U13 Girls

COACH: Kaylim Bowers

Anja Spangenberg
Camryn Ray
Daniela Dimitriadis
Inge Wiltz
Jeanri Van Schalkwyk
Katelyn Johnson
Kayla de Bruijn
Nalecia Nortier



FRANCHISE OWNER Errol Davis

GRYPHONS

U14 Boys

COACH: Ryan Mann

Claudio De Freitas GK
Zachariah Booley
Dylan Buckley
Henrico Du Plessis
Mikhael Makwetla
Antonio Rodrigues
Max Zhu

U14 Girls A

COACH : Charlene Hackett

Lene Eksteen GK
Giovanni Abrahams
Shriya Bester
Vinitha Da Veiga
Taylor Dukes
Natalia Jardim
Natania Komakech
Akani Nkosi
Calista Scholtz
Chloe Takawira

U14 Girls B

COACH : Peter Readhead

Rochelle Minnaar GK
Samantha Aitken
Charlotte Mpe
Sasha Rametsi
Jenna Redpath
Sameeha Suliman
Jaime Von Holdt

U13 Girls A

COACH: Errol Davis

Bonolo Madalane GK
McKenzie Du Bourg
Nina Els
Elizabeth Greyling
Jade Herbst
Caitlyn McLean
Karmi Muller
Jessica Oliver
Ronewa Tshikhudo
Lucy Wells

U13 Girls B

COACH: Marvin Simons

Siphesihle Mavundla GK
Brianna Arthur
Kristin Billett
Taylem Casanoves
Naledi Motsamai
Bongakonke Ngongoma
Katya O'Brien
Ofuna Ramathuba
Jessica Robinson
Keira Williams
Alulutho Xentsa



FRANCHISE OWNERS Chris Gibson & Robert Goslett
FRANCHISE MANAGER Jonty Thomas

KNIGHTS

U13 Boys Red
COACH: Kyle Esau

Aragon Afonso
Barend Wessels
Ethan Petts
Henri Marais
Jac De Kock
Jacob Hanekom
Liam Koekemoer
Luca Barry
Michiel Goosen

U13 Boys Black
COACH: Gareth Jones

Cameron Broedelet
Christiaan Jackson
Connor Daniel
James van der Merwe
John Hull
Jurgens Storm
Kian Malan
Luke Presence
Tyler Klopper

U13 Girls Red
COACH: Jarryd Curran

Cala O'Ryan
Cara Viljoen
Carli Murray
Gisela Du Toit
Isabella Garces
Lane Schoeman
Layla Topper
Nikita Bodenham
Zanne Marcus

U13 Girls Black
COACH: Corben O'Ryan

Anika Du Preez
Blair O'Brien
Caitlin Barrett
Elouise Enegelke
Emily Solomon
Isabelle Koppers
Lisa Kruger
Makayla Otto
Sky Russell

U13 Girls Silver
COACH: Jordan Moses

Bella Grobblar
Cayleigh Accom
Jessica Mouton
Leah Goebel
Mishka Naidoo
Olivia Garces
Peyton Finley
Ryley Bland
Zara Joshua



FRANCHISE OWNERS Chris Gibson & Robert Goslett
FRANCHISE MANAGER Jonty Thomas

KNIGHTS

U14 Boys

COACH: Ryan Byrne

Aaron Milne
Casey Louw
Daniel Mocke
David Hall
Declan Olkers
Dian Vorster
Pieter Maritz
Renzo De Waal
Ruben Botha
Ruben Oosthuizen

U14 Girls

COACH: Jessica Rossouw

Ava Van der Westhuizen
Bea Van den Berg
Chloe Tanner
Diane Cloete
Emily Siebert
Gezenka Mayers
Jessica Swanepoel
Jorja Kruger
Kyra Castelling
Natasha Punt



FRANCHISE OWNER: Tatenda Mabayah

LEOPARDS

U13 Boys

COACH: Tatenda Mabayah

Ashton October
Luan Lubbe
Tyler Van Tonder
Makgetsi Manthata
Francois Thiar
Quirein Lubbe
Thatego Molokome

U13 Girls

COACH: Christine Rossouw

Shekinah Ramabulana
Lisa Bredenkamp
Maryna Jacobsz
Ilana Lubbe
Annebel Kemp
Charice Van Heerden

U14 Girls

COACH: Bercha Venter

Tyana Zaayman
Juliana Du Plessis
Jore Bena
Jana Jacobs
Summieke Daly
Marilee Van Der Merwe
Liz-Marie Mussmann



FRANCHISE OWNER Greg Barnard
FRANCHISE MANAGER Ilani Pretorius

LIONS

U13 Boys

COACH: Des Golach

MANAGER: Elrika van Jaarsveld

Joel de Bruyn
Spencer Gilchrist
Jackson Mckay
Zimile Mhlongo
Michael Pieterse
Thomas Pieterse
Hugo Price-Hughes
Jordan Sapsford
Abri van Jaarsveld

U14 Boys

COACH: Matthew Burton-Durham

MANAGER: Franchesca Clark

Jesse Blackmore-Reed
Owen McGill
Gabriel Mendes
Andrew Muller
Daniel Pieterse
Connor Ryan
Luan Silvo

U13 Girls

COACH: Tamrin Barnard

MANAGER: Rohan Vorster

Georgie Dalling
Lenka Du Toit
Taylor Gordon-Bennett
Beulah Groenewald
Ashley Kuhn
Emma Melis
Lara Melis
Jamie Montgomery
Kyla Silvo

U14 Girls

COACH: Don Blake

MANAGER: Dec Blake

Macayla Alexander
Jamie Howard
Hlompho Ngwedi
Alice Olivier
Karla van Lingen
Kirsten Visser
Kaylee Vermeulen



FRANCHISE OWNER Tracey Flowers
FRANCHISE MANAGER Frank Flowers

MAMBAS BLACK

U13 Boys

COACH: Nathi Masango
MANAGER: Ameen Tikly

Barry de Wet
Claudio Jardim
Graham Devenish
Happing-Jr Masuku
Hardu Olivier GK
Joubert Nel
Nqubeko Mkwanazi
Ntandoyenkosi Bulala
Ruben Rudolf Johannes Walker
Thomas George Harris

U14 Boys

COACH: Ivan Engelbrecht
MANAGER: Ricardo Jardim

Connor Jv Rensburg
Fumani Usinga
Janko Erasmus
Lian van Heerden
Luan Waldeck
Obakeng Mvula
Réno Schoonwinkel
Ruan Venter GK
Thandolwethu Magagula

U13 Girls

COACH: Pholoso Mola
MANAGER: Morne Janse Van Rensburg

Dominique Joseph
Elaine da Costa e Silva GK
Lesego Sekgwele
Lethabo Nyoni
Mahka Sibiya
Sian Samara Naicker
Zoe Tacoulas
Liani Steyn
Vinelle Kaufman

U14 Girls

COACH: Michael Kendall
MANAGER: Marco Da Silva

Alicia Olivier
Carli Potgieter
Dimiri Booysen
Kutlo Morule
Miané Swanepoel
Monique vd Westhuizen
Simone van der Walt
Alyssa Dewing
Kaylynn Anna Higgo GK



FRANCHISE OWNER Tracey Flowers
FRANCHISE MANAGER Frank Flowers

MAMBAS GREEN

U13 Boys

COACH: Ben Parsons
MANAGER: Juan Van Wyk

Christopher Ray Fourie GK
Gabriel Daly
Arno Schoonwinkel
Ian Du Toit
Joshua Venter
Morgan Daly
Nqaba Mkwazizi
Siphesihle Maseko
Fredrick Boshoff

U14 Boys

COACH: Roelien Dorfling
MANAGER: Kwazi Sibisi

Gert Johann Coetzee GK
James David Fourie
Laying Benhura
Nuraz Tikly
Tiisetso Koali
Ndumiso Banda
Kamogelo Ntubeng
Omphilwe Malatsi

U13 Girls

COACH: Izandrie Botes
MANAGER: Roaldi Jenkins

Lerato Bongekile Herania Mokoena
Megan van schalkwyk
Megan Venter
Mpho Kabi
Mya Mamba
Reitumetse Mohlahlo
Tshiamo Sehlohole
Chloe Londt GK
Minnie Haarhoff

U14 Girls

COACH: Ashlea Parsons
MANAGER: Gamay Tromp

Priority Nobuhle Owethu Sibiya GK
Delreese Rooskrantz
Dizhané Theron
Emihle Cothama
Jessica Jordaan
Leeane Mnisi
Liané de Kock
Orapeleng Ntsheroa



FRANCHISE OWNER Tracey Flowers
FRANCHISE MANAGER Frank Flowers

MAMBAS YELLOW

U13 Boys

COACH: Cian Sharp

MANAGER: Sebastien Senekal

Musa Maroga
Charles Nhekede
Quinton Langa
Siyabonga Sambo
Siyabulela Radebe
Vusimuzi Malinga
Lefa Mantlhkga
Andre Potgieter
Lukel Venter



FRANCHISE OWNER Jack Thonissen
FRANCHISE MANAGER Kim Hubach

NORTHERNS UNITED

U14 Boys

COACH: Kenny Kgongwane

Mighael Jacobus Muller
Meinhard Jan Du Rand
Logan Kietsen
Bonanisango Lihlumile Boo
Benjamin Ha'ris van der Merwe
Sivuyile Raco
Naeviyhad De Koker

U14 Girls White

COACH: Emcie Nkosie
MANAGER: Hope Pholoba

Milandri Muller
Nomazotsho Bothale Makgamathe
Noni DArko
Nkazimulo Warona Kakaza
Bridget Burger
Adia Motsoari
Daniella Mendes
Ruby-Tayla Schoeman
Caitlin Arende
Lesego Sihwa

U13 Girls

COACH: Kaylin van der Merwe
MANAGER: Hope Pholoba

Madelie de Beer
Danielle Venter
Alex Abrahams
Lianke Grobbelaar
Nina Kloppers
Carla Vosloo
Karla Diener

U14 Girls Black

COACH: Kaylin Pershouse
MANAGER: Lizzy Porter

Emma Frost
Dania Horn
Lenique Vogel
Elaine Haycock
Nicole Smuts
Amy-Jane Oelofsen
Megan Nieman
Jayden Lamprecht
Kaylan Crawford
Daniella Grobbelaar



FRANCHISE OWNER Zita Texieria
FRANCHISE MANAGER Mildred Roberts

QUAGGAS

U13 Boys
COACH: Njabulo Shongwe

Santiago Viera
Kiros Vingos
Owen Griffiths
Ibrahim Fadal
Evan Noble
Khutso Nhlapo
Lucenzo Teixeira
Cullen VD Venter

U13 Girls Black
COACH: Khau Chabedi

Gizelle Hendricks
Juane Botes
Talisha Vermeulen
Kelinke Naude
Leonie Pofaan
Joane Greyling GK
Kate Zillen
Mignon Cox
Tyla Canossa

U13 Girls White
COACH: Zeta Teixeira

Emily Geldart
Nomvelo Mzolo
Mohau Taole
Lebogang Maila
Keamogetswe Lefifi
Abigail Brits
Mahdiya Fadal
Kopano Metswi



FRANCHISE OWNER Joe Schoeman

RHINOS

U13 Boys

COACH: Simon Harrison

MANAGER: Morné Ferreira

Juandré Hattingh (GK)

Christiaan Tryhou

Jake Hobkirk

Dian Venter (VC)

Ruard Botha (C)

Etienne Louw

Pieter Henning

Xanru Ferreira

U14 Boys

COACH: Joachim Prinsloo

MANAGER: Francois Louw

Oliver David (GK)

Hattingh Delport (C)

Mohammed Cassim

Peter Grundling

Mauritz Stander (VC)

Stephan du Toit

Jordan Botha

Michiel Prinsloo

Shaun Strydom

U13 Girls Black

COACH: Alan Bekker

MANAGER: Tammy Haycock

Chido Yedwa (GK)

Milla Schultz

Isabella Botha

Aldorette van der Mescht (VC)

Lucia Flemix

Rifumo Madonsela (C)

Mia du Preez

Ceri Myburgh

Kgomotso Mokoena

U13 Girls White

COACH: Joe Schoeman

MANAGER: Toiné Schoeman

Tshiamo Cele (GK)

Gemma Goelst

Khloe Wallace

Shani Lombard

Milan van Niekerk (VC)

Annie Bester

Chandré Stander

Kiara Grobler (C)

Joéné Schoeman



FRANCHISE OWNER Erica Combrink

SABLES

U13 Boys A

COACH: Erica Combrink

Stian Basson
Migael Fick
Konrad Gouws
Tayton Harding
JP Immelman
Déhan Meyer
Nico Pretorius
Waldo Schulze
Ross Taljaard

U13 Boys B

COACH: Nel Visagie

ASSIST. COACH: Phillip Rothman

Ben Adam
Drayton Austen
Jano Conradie
Gerhard Hoepfner
Ruan Janse van Rensburg
Jonty Milne
Joshua Murray
Lyll van der Merwe
Nicholas Vincent

U13 Girls

COACH: Samantha Botha

ASSIST. COACH: Kelly Sinkfontein

Cara Brönn
Livia Gericke
Siphokhazi Mazibuko
Jessie Odendaal
Annabelle Schoevers
Anri Smuts
Abigail Swart
Johané Swart
Phawu Tyatya
Cecilia Visagie

U14 Girls A

COACH: Hayley Elcombe

Jana-Mari Augustyn
Danica Brönn
Tayla Houston-McMillan
Lilly Joubert
Megan Pretorius
Kitra Soldin
Talia Soldin
Emma-Kate Vincent



FRANCHISE OWNER Erica Combrink

SABLES

U13 Boys C

COACH: Johandr  Hoon

Joe Alberts
Ewann Botha
Markus Botha
Reghard Billing
Dr han Coetzee
Corbin Fredericks
Nicky Grobler
Ardou van der Colff
Kuaan van Tonder
Joa Victor

U14 Boys A

COACH: Sean Slater

Ruben Barnard
Adrian Cronje
Layton Dafel
Jac du Plessis
Hanko Scholtz
Christian Swanepoel
Daniel Swart
Timothy Stoffels
Hendr  van Heerden

U14 Girls B

COACH: Christelee Delport

Kara Barnard
Fumani Chiloane
Hannah Emanuel
Meechah Engel
Anoux Karsten
Mienke Pienaar
Miekela Terblanche
Andrea van der Linde

U14 Boys B

COACH: Jan van der Merwe

Waldo Crous
Rohan de Kock
Wian Gildenhuys
Cameron le Roux
Danie Lodewyk
Ruben Marais
Stef Victor
Mulder Viljoen
Gabriel Witthuhn



SOUTHERN

FRANCHISE OWNER Les Ryan

STRIKERS

U13 Boys

COACH: Warwick Rowell

Alfie Lane
Blake Hayes
Stefanos Russell
Luke Pederson
Christopher John
Sean Power
Nathan Wessels
Michael Theron
Hayden Miller

U13 Girls

COACH: Chelsea Lassen

Bianca Duncan
Kyla Brown
Sophie Alexander
Sienna Reuter
Amy Davies
Lily Harris
India Naylor
Maia Wheeler GK

U14 Boys

COACH: Lloyd Norris-Jones

Connor Duncan
Aidan Mc Arthur
Joseph Naylor
Nic Ross
Matthew Cox
Richard Dooley
Chris De Souza
Caden Spiller
William Mackie



TITANS CHAMPS

U13 Boys

COACH: Jordan Calitz

Daniel Pienaar GK
Drewan Steyn
Hanns Arndt
Heinz Kunzmann
James Buys
Luke Payne
Thibedi Mogoba
Timothy Scheepers
Zayd Mohanlall

U13 Girls

COACH: Dario Lourenco

Shauna Shamuyarira GK
Carli Venter
Charné Begemann
Janel Meijer
Katlego Maroleni
Mbalenhle Mazibuko
Morgan Smith
Sarah Gouws
Tristyn Mara

U14 Boys

COACH: CG Odendaal

ASSIST. COACH: Miguel De Jesus

Daniel Anthonie Venter
Kean Cornelissen
Kgotso Lehloenya
Liam Geringer GK
Liam van Eyssen
Mthunzi Msibi
Rorisang Ledwaba
Tshimologo Mogale
Zéann Marais

U14 Girls

COACH: Micaela Roos

ASSIST. COACH: Caylin Jordaan

Angelique van Rensburg GK
Diana Diener
Elle Gouws
Lisa Kleu
Mikayla Smit
Renette Strydom
Sonique Kotze
Thato Mpshe



TITANS BEASTS

U13 Boys

COACH: Claudine Calitz

Antonie van der Walt
Justin Fairley
Keagan Merifield
Markus Swanepoel
Michael Meiring
Nathan Bennett GK
Samukelo Gule
Sinokuhle Sithole
Travis Brown

U14 Boys

COACH: Dean Lambrecht

Caylum du Preez
Hermann Kluge
Jabu (Angelo) Twala
MJ Mostert GK
Simeon Versteeg
Taegan Bower
Tommy du Toit
Wian Kleu

U13 Girls

COACH: Hilton Jacobs

Mia du Plessis GK
Annelie Theron
Isabelle Joubert
Khloè Bosman
Le-Merie Van der Merwe
Leara Minny
Lindi Stander
Nkanyezi Dlamini
Warona Tsatsane

U14 Girls

COACH: Legae Mentoor

Aphelele Mbatsha
Imke Hattingh
Inge Hattingh
Izabel Sonn
Izé Muller
Kaylee Marais
Kaylee Wheeler GK
Kristi Venter
Megan Porter



TITANS

U13 Boys Warriors

COACH: Lesedi Leeuw

Allan Maclean
Bless Chauke
Cobus Viljoen GK
Franco Alberts
Freddy Mahlangu
Garrick Hardy
Nate Smit
Promise Rachoene

U13 Boys Legends

COACH: Devin Allen

Letlotlo Lelahane GK
Armand De Vries
Christiaan Serfontein
Gianluca Mancini
Jaco le Roux
Jannik Breytenbach
Leruo Shai
Luthando Masilela
Peet van Deventer

U13 Boys Joes

COACH: Masilo Mokoena

Aryn Matthee
Connor Mc Menamin GK
Janik Steinmann
Joshua Smuts
Kgatontle Dire
Kyle Smuts
Lord Makgato
Ruan Nieman
Sven van Eyssen

U13 Girls Warriors

COACH: Dylan Casey

Ofentse Mpati GK
Kayla Kotzé
Lané Pretorius
Lienka le Roux
Makayla Ferreira
Marianné Kruger
Nsuku Mushwana
Zanelle Vermooten
Zena Majodina



FRANCHISE OWNER Les Kirsten

VIPERS

U13 Boys A

COACH: Anton Peltenburg

ASSIST. COACH: Greg Darke

Luke Attwell
Levi Broadhurst
Quinn Bush
Ethan Darke
Michael Gillies
Chad Nienaber
James Pearse
Callum Peltenberg
Cameron Pretorius

U13 Boys B

COACH: Dylan Scholtz

ASSIST. COACH: Xander Elkington

Ukho Mkontwana
Callum Armstrong
Elijah Booth
Caleb Creighton
Dax Esterhuysen
Connor Mote
Ethan Rentzke
Caleb Roach

U13 Girls A

COACH: Ignatius Malgraff

MANAGER: Michelle Ferrant

Megan Measures
Emma Potgieter
Caitlin Erlank
Sophia Jansen
Josie van Heerden
Temika Mostert
Christine Bowker
Lily Ferrant
Gaby Webb

U13 Girls B

COACH: Ferzaana Fredericks

MANAGER: Michelle Scowby

Carna Heydenreich
Jemma Esterhuysen
Lauren Duckworth
Mary Scowby
Rebecca Stern
Lara Foster
Milan Janse van Rensburg
Kayleigh Marais
Jessica Jonker
Erin Chree



FRANCHISE OWNER Les Kirsten

VIPERS

U14 Boys A

COACH: James Atherton

ASSIST. COACH: Keanon Geldenhuys

Micah Wessels
James Chree
Logan Meyer
Tyler Kelly
Adam Moulton
Thomas Scowby
Luke Mason
Danté Elkington
Anga Madaka

U14 Girls

COACH: Dalan Phillips

ASSIST. COACH: Rose De Bruin

Salomè-Rose Oosthuizen
Jade Grobler
Lisa De Villiers
Lucy Holderness
Chanelle Venter
Casey Grobler
Jana Prinsloo
Gizelle Venter
Emihle Mazomba

U14 Boys B

COACH: Joel Sincock

ASSIST. COACH: Anakin Peens

Josh Morgan
David Stevenson
Raynard Venter
James Bonnage
Lincoln Creighton
Noah Proctor
Trent Olivier
Cameron Kitching
Troy Kennedy



SEALS

U13 Boys Seal Pups
COACH: Mike Willig

Alex Botton
Chai Rozendaal
Coby van Rooyen
Eli Africa
Luke Evans
Macen Lesbirel
Max Wides
Neo Milne
Reuben Rozendaal
Tristan Daniels

U13 Boys
COACH: Gary Stevens

Boyd Roberts
Cuan Cadiz
Daniel Raizenberg
David Meyer
Ethan Totaram-Jacobs
James Arkcoll
James Gray
Jason Ford
John Hewat
Nathan Biggs
Samuel Woods

U13 Girls Seal Pups
COACH: A'ishah Ebrahim

Amelia Mockford
Casey Laver
Claudia Böttger
Georgina Maurel
Kate Paxton
Leah Isaacs
Rana Khan
Salma Martin
Sibusisiwe Nyembe
Zoe Rightford

U13 Girls
COACH: Bianca van Reenen
MANAGER: Miche Bennett

Amy Penney
Courtney Thomas
Emelia Slatter
Josephine Latham
Layla Slatter
Lily Jacobs
Ruby Botha
Sizzles Clark
Tammah Luck
Zoe-Jane Cole

FRANCHISE OWNER Simon Martin
FRANCHISE MANAGER Luke Thonissen



SEALS

U14 Boys

COACH: Aslam Bezuidenhout

Arin Spiller
Callum Anderson
Callum Jones
Cameron Faurholm
Dante Moore
Joseph Beggs
Liam Daames
Luke Laver
Sam Redfern
Zach Hillman

U14 Girls

COACH: Shaun Henshilwood

Anna Bredell
Anna Sherren
Carolyn Lord
Heather Kane
Isabella Claassen
Jamie Gall
Jessica Pavard
Sally Gitlin
Sophie Luger



SHARKS

Sharks

U13 Boys

COACH: Waqaar Hendricks

MANAGER: Yonela van den Berg

William Surtees
Adam Roopen
Daniel Nejthardt
Hanno Pretorius
James Cowen
Kaden Russell
Ollie Bresler
Reece Finegan
Ryan Meyer
Sebastian Oberholzer
Troy Werner

U14 Boys

COACH: Liam Sorensen

Ben Andrew
Christopher Stewart
Giulio Grandi
Jake Hufkie
Joshua Azevedo van Dyk
Kieran Green
Kieran Solomon
Kyle Dixon
Noah Lindokuhle Smith
Troy Loots
Zoe Lutete

U13 Girls

COACH: Chelsea Jeffery

MANAGER: Kauthar Petersen

Ella Gardner
Emily Raubenheimer
Georgie Crede
Hanaan Majiet
Keira Bottomley
Lola White
Natarah Sulaiman
Sarah Meyer
Sophia La Grange
Stella Melunsky

U14 Girls

COACH: Keagan Kinnes

Abigail Claassen
Emily Claassen
Georgia Nicklin
Isabella Herbertson
Jaime Paxton
Jo Kerchhoff
Khayaat Majiet
Lydia Graham
Noa Banks
Unarine Malada



SUNBIRDS

U13 Boys

COACH: Samuel Gildenhuys

Alex Smith
Felix Tanton
Ferdinand Straub
Gregory Scott
Joshua Mafunda
Joshua Unser
Luke Junor
Matthew Gladwin
Scott Mears
Sebastian Heyns

U14 Boys

COACH: Phemelo Ramatlotlo

Esam Mjenxane
Fynn Cullis
Jack Townshend
Jason Warneke
Jonathan Welby-Cooke
Joshua Velosa
Luke Jeffrey
Max davies
Patrick Fincham
Stanton Ellis
Waseem Dalwai

U13 Girls

COACH: Saarah Woodman
MANAGER: Wren September

Alana Wareham
Alayla Jonker
Amy Adams
Echo Buffler
Gadija Solomons
Hannah Small
Imaan Manuel
Lily Hellenberg
Rosa Tempelaar
Tendai Dzvapatsva

U14 Girls

COACH: Casey Coetzee
MANAGER: Rebekah de Kock

Aisha Hendricks
Anna Gardner
Cayleigh Charton
Dana Moores
Demi Schlebusch
Grace Lagan
Imaan Abrahams
Juliette Cilliers
Kendra Matthyssen
Zayaan Sirkot



FRANCHISE OWNER Bruce Jacobs

FOXES

BOLAND
Foxes

U13 Boys

COACH: Scott Paterson

Aidan Rimmer
Bryan Hardine
Liam Hughes
Sebastian van Zyl
Noah Taylor
Stefan Nel
Timo Kleinert
John Peter de Smidt

U14 Boys Foxes Grey

COACH: Matt Smith

Alex Lategan
Ben Haarhoff
Caleb Cilliers
Jamie Kock
Jeandré van Zyl
Julian Pratt
Laubscher van Loggerenberg
Luc Botha
Stephan Malan

U14 Boys Foxes Black

COACH: Manny Cornelius

Andrew Moreby
Daniel de Waal
Kyle Botma
Matteo Pirouz
Mijan Herholdt
Nathan Nissen
Saige Barry
Tobie Jackson
Louhan van Breda

U13 Girls

COACH: Marc Landman

Allison Thompson
Dani Henn
Emma Wilcock
Hannah Rose van Heerden
Klara-Lea Basson
Madelie Botes
Megan Bennie
Willanie du Preez
Zani Boezaart

U14 Girls

COACH: Hayley Snyman

Adri Hugo
Alanda Rademeyer
Bella Rennie
Dôya-Nica Meiring
Eva Miller
Frankie Henn
Grace Ayford
Jessi Baxter
Zelda Rosenstrauch



FRANCHISE OWNER Bruce Jacobs

FOXES CUBS

BOLAND
Foxes

U13 Boys Foxes Cubs

COACH: Christo Steyn

Albertus Buckle
Alexios Kypriotis
Bernard Joubert
Dax Henn
Eli Baxter
Kiran Richards
Paul Haumann
Pieter Mouton
Zach Ontong
Jarno Burger

U13 Girls Foxes Cubs

COACH: Leo Nolan

Anja de Waal
Bree Pretorius
Ella Dunlop
Jesse Nieman
Leane Troskie
Lily Herbertson
Luka de Bruyn
Noa--Belle Jordaan
Zahra Staples

FRANCHISE OWNER Bruce Jacobs

SCORPIONS

RICHARD
Scorpions

U13 Boys

COACH: Anrich Wessels

Daniel Moelich
Jean du toit
Luca Jaggi-Wright
Marnus Maree
Milan Swanepoel
Markus van der Walt
Alexander Hutchison-Taylor
Thomas Purnell
Herman van der Merwe
Ryan Glazer

U14 Boys

COACH: Carel Marais

Christiaan de Waal
Cornell Taljaard
Devyn Seyffert
Karl Makkink
Kyle De Wet
Landon Abrahams
Pierre Coetzee
Luc Scholtz
Ben Meyer

U13 Girls

COACH : Lané Barnard

Bea Cecile de Villiers
Daniella van Antwerp
Elné Gouws
Hannah Gebhardt
Holly Adamson-Kain
Maura Mellema
Mila Moolman
Nina Watts
Kwazi Pemba

U14 Girls

COACH: Kelsey Block

Gemma White
Imke Koegelenberg
Jaime Hayes
Jessica Sinclair
Lila du Plessis
Lua van Wyk
Mienke Krems
Mikayla Melvill
Rosie Edwards
Zenke Brink



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Jerri & Kiana Cormack

HAWKS

U13 Boys

COACH: Darren Enslin

Aleckai Gey van Pittius
Benjamin de Wet
Cayden Jose Poulton
Matthys Cronje GK
Max Fourie
Tristan Marggraff
Peyton Zehrt
Pieter Boshoff
Timothy Deckenbrock

U14 Boys

COACH: Christo Du Raan

Daniel de Wet
Dominic Egner
Willem Venter
Jadon McNally
Joshua Swart
Matt-Reece Izaaks
Shayan Azadeh
Paulo Jansen GK

U13 Girls

COACH: Jako Fourie
MANAGER: Rheta Fourie

Allison January
Amaria Hellinger
Gia Jonas
Leila Grögli
Marzel Boshoff
Oyo Hinda
Tilly Parker
Velma Marwa GK
Makenzie Lassen

U14 Girls

COACH: Andrea Grogli

Abi Rowles
Tuli Nott
Sienna Richards
Maryke Kruger
Tamara Grögli
Alexandra Erasmus GK
Bianka Coetzee



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Jerri & Kiana Cormack

EAGLES

U13 Boys

COACH: Rico Brand

Henry vd Westhuizen
Jean Jacques Coffee
Jesse Joubert
Jonathan Marais
Ruben Zekveld
Tertius Maartens GK
Luke Fussell
Steven Richards

U13 Girls

COACH: Carien Van Rooyen
MANAGER: Vanessa Schoeman

Elizabeth Gous GK
Michelle Van Jaarsveld
Amy Grant
Heidee Izaacs
Kendyll Mouton
Kirsten le Hane'
Latoya Amuaalua
Lily-Jane Mouton
Zoey Basson



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Shahied Abrahams

CRANES

U14 Girls

COACH: Natascha Human

Simone Kotze GK
Leah Smit GK
Kayla du Toit
Marlee Mans
Janri Swart
Liame Nell
Cindy Keeve
Monica Roux
Delmonique Human



FRANCHISE OWNER Greg & Tracey White
FRANCHISE MANAGER Kirsten White
ASSISTANT MANAGER Mel Cliff

PANTHERS

U13 Boys

COACH: Richard Pentecost

Rhiley Gardiner GK
Jake Cronje
Taine Lawson
Luqmaan Mahomed
Carter Barnard
Caleb du Plessis
Oliver Murgatroyd
Alex Verster
Bjorn Bengtson

U14 Boys

COACH: Ighsaan Manuel

Matthew Van Zyl GK
Thomas Du Plessis
Matt Potgieter
Aaron Blackburn
Keegan Brauns
Luke De Oliveira
Dylan Forbes
Nabil Bejia
Cade Francis

U13 Girls

COACH: Nicholas White

Georgina Biebuyck (GK)
Miley Davidson
Gabriella Pugh
Olivia Sivewright
Lascala Pengelly
Becca Short
Zoey Seppings
Isabella Jansen van Rensburg
Teagan Williamson

U14 Girls

COACH: Matthew Smith

Ziyanda Mchunu GK
Angela Bingham
Beayu Chiang
Tain Enslin
Olivia Lord
Bella Slater
Chelsey Woolf
Zoey Quigley
Tayte Stewart



FRANCHISE OWNER Greg & Tracey White
FRANCHISE MANAGER Kirsten White

TIGERS

U14 Boys

COACH: Randal Govender

Kwenzakwenkosi Mtshali GK
Cameron Elliott
Luke Carolan
Darius Hendricks
Chad Lee
Khayaletu Mbhense
Khulekani Zuma
Reece Palavar

U13 Girls

COACH: Callum Osborne

Isabelle Wimble GK
Elizabeth Bold
Frankie Dewe
Anri Human
Peyton Love
Jess Abery
Olivia Van laun
Tannah Van Rooyen
Leah Eksteen

U14 Girls

COACH: Scott Drew

Myah Cuthbert GK
Alexis Brown
Eryn Kader
Rachel De Sousa
Olivia Hughes
Ella Wood
Emily Hughes
Siobhan Milne
Hannah Weinert



FRANCHISE OWNER Greg & Tracey White
FRANCHISE MANAGER Kirsten White

PUMAS

U13 Girls

COACH: Dylan Palavar

Amber Vandenhoogen GK

Layla Cronje

Rebecca Kemp

Simisiwe Mbonambi

Ruth Hughes

Georgia Patrick

Tay Ross

Erin Bigley

Eva Coffin-Grey

U14 Girls

COACH: Grace Macquet

Katelynn De Klerk GK

Noluthando Hlongwa

Emma Hoyle

Faith Lyle

Anna Phillips

Jana Scheepers

Tessa Laaks

Sophie Moffat

Ashleigh Van laun

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