NATIONAL GOVERNING BODY · WORLD LACROSSE MEMBER

SOUTH AFRICA WELCOMES GHANA, KENYA AND UGANDA TO THE 2026 AFRICAN SIXES LACROSSE CHAMPIONSHIPS

FOR IMMEDIATE RELEASE · South Africa Lacrosse Association (SALA) | 23 October 2026

JOHANNESBURG, South Africa – The South Africa Lacrosse Association (SALA) today welcomed the teams from Ghana, Kenya and Uganda, who will join South Africa at the 2026 African Sixes Lacrosse Championships at the Ridgeway Oval, St Stithians College, Johannesburg, from 2 to 5 December 2026.

Men's and women's teams will take part in the first African Sixes Championships of their kind, organised by the African Association of Lacrosse (AAL), hosted by SALA and supported by World Lacrosse.

THE TEAMS

Four men's teams and three women's teams will compete at the championships, joined on site by about 130 players, coaches, team staff, officials and event crew from across the continent.

MEN'S TEAMS

- GHANA
- KENYA
- SOUTH AFRICA
- UGANDA

WOMEN'S TEAMS

- KENYA
- SOUTH AFRICA
- UGANDA

TOURNAMENT SCHEDULE

The championships open on Wednesday 2 December with the opening ceremony at 15:00, held on the field in front of the grandstand with the school band and the playing of the national anthems. Each team plays the other teams in its competition once in a round robin from Wednesday to Friday, and the top two teams in each pool go through to the Gold medal games on Saturday 5 December. The men's Bronze medal game is played earlier that day, at 12:00, and teams share a braai lunch before the Gold medal games and a cultural evening at the Sandton Hotel. All teams stay at the Sandton Hotel, with daily transfers to the Ridgeway Oval, and depart on Sunday 6 December.

DAY	TIME	EVENT
Sunday 29 November	All day	Arrival of Kenya's teams and the officials
Tuesday 1 December	All day	Arrival of the Ghana, South Africa and Uganda teams
Day 0 – Wednesday 2 December	15:00	Opening ceremony
Day 0 – Wednesday 2 December	16:30	Men: Kenya vs Ghana
Day 1 – Thursday 3 December	09:00	Men: Kenya vs South Africa
Day 1 – Thursday 3 December	11:00	Women: Kenya vs South Africa
Day 1 – Thursday 3 December	14:00	Men: South Africa vs Uganda
Day 1 – Thursday 3 December	16:00	Women: South Africa vs Uganda
Day 2 – Friday 4 December	09:30	Men: South Africa vs Ghana
Day 2 – Friday 4 December	11:30	Men: Uganda vs Kenya
Day 2 – Friday 4 December	13:30	Women: Uganda vs Kenya
Day 2 – Friday 4 December	16:30	Men: Ghana vs Uganda
Day 3 – Saturday 5 December	12:00	**Men's Bronze medal game**
Day 3 – Saturday 5 December	14:00	**Women's Gold medal game**
Day 3 – Saturday 5 December	16:00	**Men's Gold medal game**
Day 3 – Saturday 5 December	17:30	Closing ceremony

A WELCOME FROM SALA

"We are thrilled to welcome Ghana, Kenya, South Africa and Uganda to Johannesburg for the 2026 African Sixes Lacrosse Championships. For four days, the best men's and women's Sixes players in the region will take the field together at the Ridgeway Oval, St Stithians College, in front of a home crowd, the school band and a lot of colour.

We have planned the Championships so that you can focus on what matters most: playing great lacrosse, learning, and making friends across the continent. We can't wait to see you."

LUCAS MONARENG AND BRUCIE MORRIS
President and Secretary General, South Africa Lacrosse Association (SALA)

WATCH THE CHAMPIONSHIPS

Spectators are welcome at the Ridgeway Oval, where the grandstand seats 200 supporters. Tickets are digital and available through Howler at https://www.howler.co.za/African-Sixes-Lacrosse-Championships-2026. If a match is postponed because of weather, tickets remain valid for the postponed match.

Parking at the venue is limited and closes once full, and spectators are encouraged to use ride-hailing services. Personal photography is welcome. Weapons, alcohol, illegal drugs, animals, smoking and vaping, and glass bottles are not permitted, and security staff may search bags at the entrance.

The championships take place on a school campus. SALA's safeguarding policy and code of conduct apply, and children under 18 must be accompanied unless attending as part of a supervised group. SALA's policies are published at https://salacrosse.co.za/policies.

ABOUT THE AFRICAN SIXES LACROSSE CHAMPIONSHIPS

The 2026 African Sixes Lacrosse Championships will take place from 2 to 5 December 2026 at St Stithians College, Johannesburg. Sixes is the fast-paced, Olympic format of lacrosse, played six a side on a smaller field to World Lacrosse Sixes rules. Lacrosse returns to the Olympic Games at Los Angeles 2028 in its Sixes format, and the championships form part of the pathway towards it and of the AAL's long-term strategy to grow the sport across the continent.

ABOUT THE SOUTH AFRICA LACROSSE ASSOCIATION

The South Africa Lacrosse Association (SALA) is the national governing body for lacrosse in South Africa, responsible for the national teams and for developing the sport at community, school and provincial level.

MEDIA ENQUIRIES

Brucie Morris,
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Images and logos available on request.

ENDS