

Team Details Italy

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-------------------------------|---------------|------|---------------------|
| 1 | MONSERRAT Sofia (GK) | 19 Jun 1992 | 30 | 15 |
| 3 | DALLA VITTORIA Teresa | 1 Jan 1997 | 25 | 51 |
| 5 | OVIEDO Ailin | 2 Mar 1991 | 31 | 30 |
| 6 | HASSELSTROM Augustina | 30 Jun 1993 | 29 | 7 |
| 7 | BORMIDA Elettra | 18 Nov 1998 | 24 | 31 |
| 9 | MUNITIS Emilia | 6 May 1996 | 26 | 50 |
| 12 | CARUSO Lucia Ines (GK) | 30 Sep 1997 | 25 | 29 |
| 13 | MORONI Agueda | 6 Mar 1997 | 25 | 18 |
| 14 | BRUNI Antonella | 4 Feb 1995 | 27 | 30 |
| 15 | MALDONADO Sofia | 3 Jan 1995 | 27 | 28 |
| 18 | CARTA Federica (C) | 21 Jun 2000 | 22 | 69 |
| 21 | PUGLISI Sara (C) | 3 Aug 2000 | 22 | 52 |
| 25 | PASTOR Mercedes | 18 Oct 1996 | 26 | 23 |
| 26 | LAURITO Sofia | 10 Jan 1994 | 28 | 48 |
| 27 | OVIEDO Lara | 12 Apr 1988 | 34 | 77 (ARG 4, ITA 73) |
| 28 | PESSINA Ivanna | 18 Apr 1990 | 32 | 70 (ARG 10, ITA 60) |
| 29 | GALIMBERTI Luciana | 22 Oct 1991 | 31 | 10 |
| 30 | MACHIN Camila | 3 Sep 1994 | 28 | 22 (ARG 2, ITA 20) |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2022-12-05

Team Staff

| Role | Name |
|------------------|----------------------------|
| Team Manager | ALLERS Ivonne |
| Head Coach | JUSTUS Robert |
| Assistant Coach | BRUIN Harm |
| Medical Doctor | CHECCHI Elisa |
| Physiotherapist | MONACHESI Giovanni |
| Physiotherapist | MARCHESANO Cristina |
| Physical Trainer | D'AMICO Alessio |

Team Colours

| | |
|-----------|--------------------|
| Shirts | Royal Blue White |
| Skirts | White Royal Blue |
| Socks | Royal Blue White |
| GK Shirts | Yellow Orange |

Team Details South Africa

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|--------------------------|---------------|------|------|
| 1 | van DEVENTER Anelle (GK) | 6 Dec 1993 | 28 | 56 |
| 8 | PATON Kristen | 21 Dec 1996 | 25 | 80 |
| 10 | ZULU Onthatile | 14 Mar 2000 | 22 | 64 |
| 16 | CHRISTIE Erin (C) | 20 Mar 1992 | 30 | 113 |
| 17 | MADDOCKS Charné | 10 Jun 1998 | 24 | 21 |
| 18 | PEARCE Hannah | 17 Nov 1998 | 24 | 49 |
| 21 | MALI Ongeziwe | 21 May 1999 | 23 | 38 |
| 25 | ADAMS Kirsty | 10 Jun 1999 | 23 | 25 |
| 28 | BOBBS Quanita (C) | 3 Sep 1993 | 29 | 192 |
| 29 | LOMBARD Tarryn | 23 Jan 1995 | 27 | 91 |
| 31 | WOOD Bianca | 20 Feb 2000 | 22 | 47 |
| 33 | Van TONDER Marlise (GK) | 5 Jun 1997 | 25 | 36 |
| 35 | du TOIT Jean-Leigh | 18 Jan 2000 | 22 | 34 |
| 39 | BOTHA Stephanie | 30 Dec 1998 | 23 | 38 |
| 42 | LOUW Marie | 9 Feb 1996 | 26 | 32 |
| 43 | SWARTS Kayla | 24 May 2003 | 19 | 24 |
| 44 | AUGOUSTI Taheera | 23 Sep 2005 | 17 | 34 |
| 45 | MOKOENA Ntsopa | 17 Aug 2004 | 18 | 34 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2022-12-05

Team Staff

| Role | Name |
|-----------------|-----------------|
| Team Manager | MCCREEDY Tarryn |
| Head Coach | BONNET Giles |
| Assistant Coach | CERFONTEIN Kurt |
| Assistant Coach | ZONDI Inky |
| Assistant Coach | MARAIS Lenise |
| Assistant Coach | LOMBARD Wayne |
| Physiotherapist | SILAL Sandhya |

Team Colours

| | |
|-----------|------------------|
| Shirts | Green White |
| Skirts | Green White |
| Socks | Green Yellow |
| GK Shirts | Red Royal Blue |