

fREE!! New Zealand vs South Africa Live Stream

Watch South Africa Springboks vs New Zealand All Blacks Live Free as the Springboks welcome the All Blacks to Cape Town knowing they need a victory to keep their hopes of winning the Rugby's Greatest Championship series alive.



Date: Saturday 29 August, 2026

Kick-off time: 4.10pm BST / 5.10pm SAST (local) / 3.10am NZST (Sunday) / 1.10am AEST (Sunday) / 5.10pm CET / 11.10am EDT / 8.10am PDT

Other live **Streams**: Sky Sports (UK), SuperSport (South Africa), Sky Sport NZ (New Zealand), Stan Sport (Australia),

The All Blacks currently have a 100% record on their first tour of South Africa in 30 years. But after last weekend's 33-16 defeat in Johannesburg ended the Springboks' 12-match winning streak, Rassie Erasmus's men are sure to rise to the occasion – especially as they'll be desperate to keep this four-match Test series alive.

You can watch Springboks v All Blacks live **Streams** for free in the United States, and there are also viewing options in the UK, South Africa and New Zealand.

If you're away from home right now you can still follow the action as it happens if you use a VPN. We've got all the details you need below. You'll find a match preview and line-ups at the bottom of the page.

Read more: The Greatest Rivalry tour is retro rugby at its finest and should signal a return for old school tours

Can I watch South Africa v New Zealand for free?

Yes, if you live in the United States. US viewers can watch Springboks v All Blacks live **Streams** on World Rugby's RugbyPass TV. It's free to use but you do need to register beforehand.

Kick-off is at 11.10am EDT / 8.10am PDT this morning.

If you're a US resident travelling overseas this weekend, a VPN can help you watch your usual South Africa v New Zealand live **Stream** as if you were sitting at home on your own sofa. Scroll down the article to find out more.