



SOUTH AUSTRALIA

KICK OFF

HOW TO GUIDE



1. WHAT IS THE SOUTH AUSTRALIA KICK OFF?

The AFL & SANFL are excited to bring a newly designed goal kicking competition to South Australia in early 2026. The new competition engages individual competitors across the State, in search of the ultimate goal kicker. The pathway will kick off at local community clubs with progression through to qualifying, preliminary and state finals. Both the preliminary and state final will be hosted during Gather Round 2026.

The South Australia Kick Off involves individual competitors taking 10 kicks from prescribed points in the forward 50 with a shot clock of 2.5 minutes. AFL scoring applies – (goal – 6 points, behind – 1 point), the competitor with the highest overall total (max score possible - 60) progresses as the club representative for their division in the qualifying finals.

2. WHO CAN PARTICIPATE IN THE COMPETITION?

There are four different divisions that participants are invited to participate in:

1. Youth aged boys (14-17 year olds)
2. Youth aged girls (14-17 year olds)
3. Men (+18)
4. Women (+18).

To satisfy age requirements:

Youth competitors must be 14 years of age or older as at 31st for December in year of participation, and be in secondary school

Adult competitors must be 18 years of age or older as at 31st for December in the year prior to the applicable year of participation

Participants can only compete in one division.

South Australia Kick Off Participants do not have to be registered to play community football in 2026.

3. WHAT DOES SOUTH AUSTRALIA'S KICK OFF FORMAT NEED TO LOOK LIKE?

The choice is yours. South Australia Kick Off's flexible format is built to accommodate your calendar with ease. It has the power to be a stand-alone event whilst being highly adaptable to integrate with your pre-season training. You can also choose if you would like to run all 4 divisions, selected divisions, all divisions at one event or across multiple days/evenings.

To ensure we can progress the best goal kickers to the state finals, club run local competitions must take place in January to early March, 2026. If your club does not have access to your home ground, you can choose to run a competition at another oval or green space. We've included instructions of how this would work in point 6.

4. WHAT IS THE PATHWAY?



Clubs nominate their top placed participant per division from the local competition so that they can progress to the Qualifying Final. Qualifying Final dates and locations will be confirmed in early 2026.



5. HOW YOUR CLUB CAN GET INVOLVED

Clubs are invited to express their interest in hosting a competition via the registration [form](#). We strongly recommend expressing your interest prior to the 12th January in order to receive promotional material by mid-January. The deadline to submit your interest in hosting a local competition is the 15th February.

Benefits of a club hosting a local competition include:

1. Opportunity to add a fun event to club registration or sign on days.
2. Opportunity to engage the broader community – past players, current players and families.
3. Opportunity to have your club represented in Qualifying Finals and potentially Preliminary and State finals.
4. The winner of each division (Men, Women, Youth Boys and Youth Girls) will share in a total prize pool of \$40,000. Each division has \$10,000 prize money on offer, with the individual winner receiving \$5,000 and the nominated community club receiving \$5,000. In the event of a tied score in the state final, the prize money will be shared. Competition Terms and Conditions can be found [here](#).
5. If your community club champion progresses to the state final, the community club will be gifted 10 tickets to the AFL fixtured match to cheer on their South Australian Kick Off championship contender in the State Final.

6. RESOURCES REQUIRED

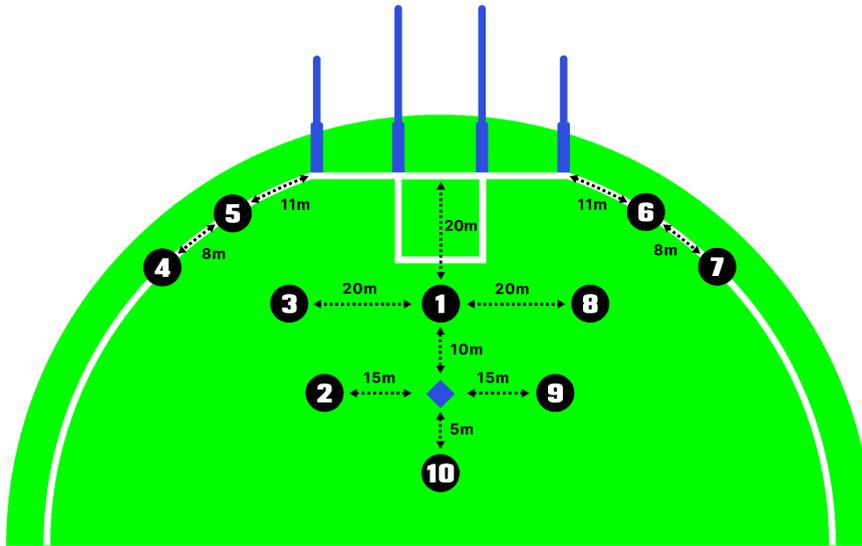
FOOTBALL OVAL WITH GOAL POSTS	
FIELD SET UP	<p>We recommend that at least 2 people set up the field as all the kicking points need to be measured as per the specs included in this document.</p> <p>NOTE: If you are running comps for all 4 divisions Men, Women, Youth Boys and Youth Girls, we suggest that you set up 1 end of the field with the specs for the men's competition and the other end with the specs for the women & youth competitions.</p>
EQUIPMENT	<p>Set-Up for the Oval</p> <ul style="list-style-type: none"> ● 10x leather footballs NOTE: a footy is positioned at each kicking spot to allow for all shots to be taken within the 2.5 minute time limit, however if footballs are limited, other participants should support return of footies to each kicking spot. <ul style="list-style-type: none"> ○ Size 5 for Men. ○ Size 4 for youth/women ● 10x cones for 10 different goal kicking positions. ● Measure wheel
TIMING	<p>With 2.5 minutes per competitor, keep in mind that a group of 20 participants will take approx. 1 hour to run</p> <p>NOTE: there is no min or max number of participants to be able to run a division</p>
SCORING	<p>Standard AFL Scoring applies - 6 points for a goal and 1 point for a behind. The total maximum score is 60. Standard attempts at goal can also apply i.e. bounce before the goals or through the goals on the full.</p> <p>Players can take a few steps before kicking as long as the kick leaves the boot in line with the kicking spot (marked by a cone).</p> <p>1 club rep should be responsible for recording scores and submitting top scorers in each division.</p> <p>Physical and digital scorecards will be made available in mid-January, 2026.</p>

OPEN GREEN SPACE	
STAFF REQUIRED	We recommend that at least 2 people set up the field, as all the kicking positions need to be measured, as per the specs included in this document.
EQUIPMENT	<p>Set-Up for the Green Space</p> <ul style="list-style-type: none"> ● 10x leather footballs NOTE: a footy is positioned at each kicking spot to allow for all shots to be taken within the 2.5 minute time limit, however if footballs are limited, other participants should support return of footies to each kicking spot. <ul style="list-style-type: none"> ○ Size 5 for men. ○ Size 4 for youth/women ○ 10x cones for 10 different goal kicking positions. ● Measure wheel ● Portable goal posts
TIMING	<p>With 2.5 minutes per competitor, keep in mind that a group of 20 participants will take approx. 1 hour to run</p> <p>NOTE: there is no min or max number of participants to be able to run a division</p>
SCORING	<p>Standard AFL Scoring applies - 6 points for a goal and 1 point for a behind. The total maximum score is 60 Standard attempts at goal can also apply i.e. bounce before the goals or through the goals on the full.</p> <p>Players can take a few steps before kicking as long as the kick leaves the boot in line with the kicking spot (marked by a cone).</p> <p>1 club rep should be responsible for recording scores and submitting top scorers in each division.</p> <p>Physical and digital scorecards will be made available in mid-January, 2026.</p>
GOAL POST PLACEMENT	In accordance with the Laws of Australian Rules Football here , we strongly recommend positioning portable goal posts at a distance of 6.4m apart from each other.

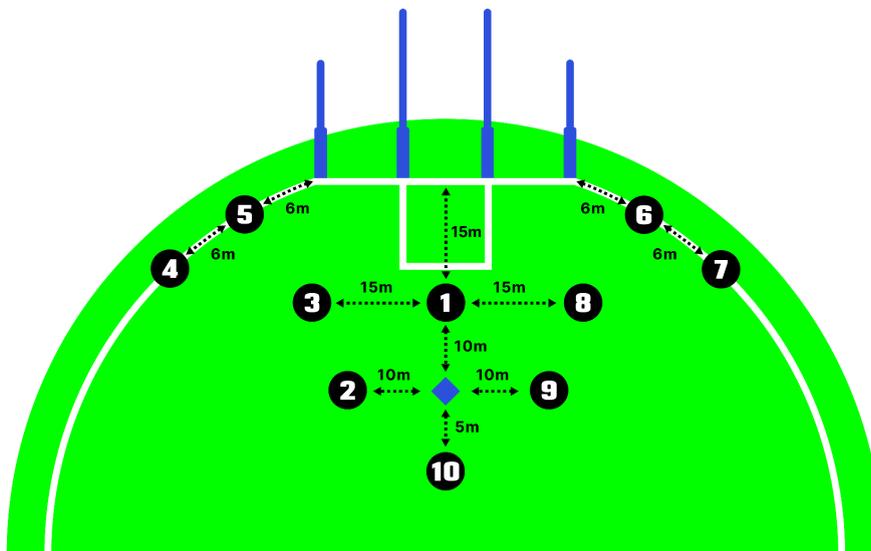
7. KICKING SPOTS

Please see the attached set-up of the 10 goal positions below.

- Position a cone and footy at each goal position



DIVISION: MEN # Goal kicking position ◆ Distance position



DIVISION: WOMEN & YOUTH # Goal kicking position ◆ Distance position

8. PARTICIPANT REGISTRATION

OPEN GREEN SPACE	
LOCAL COMPETITIONS	<ul style="list-style-type: none"> Participants can register prior to the event or alternatively, on the day of the event NOTE: the registration link and QR code will be supplied in mid-January to clubs that have nominated their interest to run a local competition
LOCAL COMPETITION WINNERS	<ul style="list-style-type: none"> A club representative will be responsible for entering the top scorers from each division via a form made available in mid-January The AFL team will be in touch with the top scorers to progress them through to the Qualifying Finals. Participants will be asked to register on PlayHQ to support the official record keeping of scores throughout the next stages.

9. WHAT IF WE HAVE A TIED END RESULT?

- The tied participants will enter the Golden Goal Shootout.
- Only kicking spots 5 & 6 will be used for Golden Goal and the participant can choose their preference between 5 & 6.
- Both participants take a shot from their preferred kicking spot.
- If both participants miss the goal, they swap kicking positions between 5 & 6 and kick again.. If both participants get the goal they also swap positions between 5 & 6 and kick again.. This continues until one player gets a goal and one player misses. The player with the goal is the overall top scorer. Please note that behinds are not relevant in Golden Goal shoot out.

10. I'D LIKE MORE INFORMATION OR TO DISCUSS THIS FURTHER

- Please contact your SANFL zone coordinator or reach out to clubhelp@af.com.au

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PLAY.AFL

