

# AFL Draft Combine Tests Information Sheet



At the end of each year the AFL holds an event called the 'Draft Combine' where hopeful AFL players are put through a series of testing. These tests include medical screening, physical performance tests such as vertical jump test, 20m sprint test and a range psychological performance tests.

## Vertical Jump Test

This test is used to evaluate an athlete's lower body power. Vertical jumping and lower body power is important in AFL when jumping for a mark.

## 20m Sprint Test

The 20m sprint is a test of a player's acceleration and speed. Both are very important in a game of AFL for breaking away from an opponent, getting open on a lead and bursting away from stoppages.

## AFL Agility Test

This is a specific slalom-type agility test developed for AFL, which involves running in, out and around obstacles over roughly 40 meters in total. The ability to quickly change direction is very important for AFL to be able to get clear of an opponent, or move through congestion.

## Yo-Yo Test

The Yo-Yo Test is used to test a player's aerobic endurance. This is arguably the most important physical aspect of AFL as players will run up to 16-18km a game (dependent upon position). In AFL you need to be aerobically fit to perform well towards the end of quarters and at the end of a match, which can be the most critical part of a game.

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Previous Elite STP Average Results						
Elite STP 2016	Height (cm)	Weight (kg)	Vertical Jump Standing (cm)	20m Sprint (s)	AFL Agility (s)	Beep Test (No Yo-Yo)
U11	145.3	38.4	32.9	3.84	9.91	7.5
U12	151.1	43.1	34.0	3.78	9.83	7.8
U13	158.6	47.6	38.4	3.66	9.52	8.2
U14	168	-	43.8	3.49	9.22	10.6
U15	173.2	-	47.7	3.36	8.98	10.9
U16+	181	-	50.6	3.19	8.66	11.6

Elite STP 2018	Height (cm)	Weight (kg)	Vertical Jump Standing (cm)	20m Sprint (s)	AFL Agility (s)	Beep Test
U11	145	37.2	33	3.91	9.93	7.6
U12	149.6	42.3	40	3.54	9.58	7.9
U13	156.5	48.9	38	3.44	9.46	8.9
U14	164.5	55.9	46	3.38	9.19	10.0
U15/16+	176.1	67.8	54	3.24	8.9	11.7

Representative Squad Average Results						
TAC Cup	Height (cm)	Weight (kg)	Vertical Jump Standing (cm)	20m Sprint (s)	AFL Agility (s)	Beep Test
U15	178.4	68.7	54.7	3.26	8.68	11.2
U16	183.1	74.1	55.0	3.19	8.38	11.8
U18	185.7	76.2	59.0	3.08	8.11	12.3

Inter-league	Height (cm)	Weight (kg)	Vertical Jump Standing (cm)	20m Sprint (s)	AFL Agility (s)	Beep Test
U14	171.5	62.3	50.0	3.28	8.89	10.05
U15	176.6	67.6	56.0	3.19	8.74	10.09
Youth Girls	162	-	43.3	3.55	9.47	7.01

AFL Players Results						
Name	Height (cm)	Weight (kg)	Vertical Jump Standing (cm)	20m Sprint (s)	AFL Agility (s)	Beep Test
Dustin Martin	187	86	-	2.89	-	-
Dylan Grimes	193	87	-	2.95	-	-
Dyson Heppell	189	90	64	-	-	14.13
Gary Rohan	188	82	-	2.95	-	-
Josh Caddy	186	82	-	-	-	14.07
Luke Shuey	183	88	-	2.92	-	14.04
Marc Murphy	180	80	-	-	-	-
Patrick Dangerfield	189	92	73	2.92	-	-
Nic Naitanui	201	110	102 (Running)	-	-	-
Kade Kolodjashnji	191	85	97 (Running)	-	-	-
Danyle Pearce	184	69	-	-	7.79	-
Elliot Yeo	189	76	-	-	7.8	-
Roxanne Roux	170	n/a	59	3.25	8.65	-
Hannah Munyard	163	n/a	51	-	8.66	-
Olivia Divilly	n/a	n/a	-	3.25	-	17.2 (Yo-Yo)