

2026 PRE-SEASON COMPETITION

WOMEN'S NATIONAL PREMIER LEAGUE AND WOMEN'S STATE LEAGUE



29 January – 28 February





INTRODUCTION

The **2026 Women's National Premier League (WNPL)** and **Women's State League (WSL) Pre-Season Cup** provide an exciting opportunity for teams to prepare for the upcoming season. These pre-season tournaments allow clubs to test their squads, build team chemistry, and showcase their talent in a competitive environment.

The competition is split into two leagues, with each featuring:

- A **round-robin group stage**.
- A **final** where the top teams from each group will compete for the Pre-Season Cup title.

The tournaments will culminate in thrilling finals for each league, offering an early opportunity for teams to claim silverware before the start of the season.

COMPETITION FORMAT AND STRUCTURE

Women's National Premier League Pre-Season Cup

Group Stage (League Format):

- **Teams:** 10 Teams were split into 5 'pots' based on the 2025 ladder positions.
- **Format:** Each team plays **4 matches**, facing one team from each other 'pot' once.

Pots:

- **Pot 1:** West Adelaide, Adelaide Comets
- **Pot 2:** Salisbury Inter, MetroStars
- **Pot 3:** Campbelltown City, WT Birkalla
- **Pot 4:** Football SA, Flinders United
- **Pot 5:** Adelaide University, Modbury Vista

Qualification: Points will be accumulated per the regular season with the teams finishing in first and second place at the end of Week 4 matches to progress to the **Pre-Season Cup Final**.

Fixtures

Week 1 – 29 January

West Adelaide v Salisbury Inter
MetroStars v WT Birkalla
Campbelltown City v Flinders United
Football SA v Adelaide University
Modbury Vista v Adelaide Comets

Week 2 – 6 – 8 February

Adelaide Comets v MetroStars
Salisbury Inter v Campbelltown City
WT Birkalla v Football SA
Flinders United v Modbury Vista
Adelaide University v West Adelaide



Week 3 – 13 – 15 February

WT Birkalla v West Adelaide
Modbury Vista v Campbelltown City
Flinders United v MetroStars
Salisbury Inter v Adelaide University
Adelaide Comets v Football SA

Week 4 – 20 – 22 February

Campbelltown City v Adelaide Comets
Adelaide University v WT Birkalla
Football SA v Salisbury Inter
West Adelaide v Flinders United
MetroStars v Modbury Vista

Final fixture details to be confirmed at a later date.

Women's State League Pre-Season Cup

Group Stage (Round Robin):

- **Teams:** 2 groups of 4 teams, based on the 2025 ladder positions.
- **Format:** Each team plays **3 matches**, facing every other team in their group once.

Groups:

- **Group A:** Sturt Lions, Elizabeth Grove, Western Strikers, Cove FC
- **Group B:** Adelaide City, Adelaide Jaguars, Modbury Jets, South Adelaide

Qualification: The top team from each group will progress to the **WSL Pre-Season Cup Final**.

Fixtures

Week 1 – 29 January

Sturt Lions v Elizabeth Grove
Western Strikers v Cove FC
Adelaide City v Adelaide Jaguars
Modbury Jets v South Adelaide

Week 2 – 6 – 8 February

Elizabeth Grove v Cove FC
Western Strikers v Sturt Lions
Adelaide Jaguars v South Adelaide
Modbury Jets v Adelaide City

Week 3 – 13 – 15 February

Cove FC v Sturt Lions
Elizabeth Grove v Western Strikers
South Adelaide v Adelaide City
Adelaide Jaguars v Modbury Jets

Final fixture details to be confirmed at a later date.

WNPL/WSL PRE SEASON CUP FINALS STRUCTURE

- **WNPL Final:** The 1st and 2nd placed team will meet in the **Final on Saturday 28 February 2026.**
- **WSL Final:** The highest-placed team from each group will meet on **Saturday 21 February 2026.**

Tournament Timeline

Weekend	WNPL Matches	WSL Matches
29 January	Round 1	Round 1
6 - 8 February	Round 2	Round 2
13 - 15 February	Round 3	Round 3
20 - 22 February	Round 4	Grand Final
Saturday 28 February 2026	Grand Final	-

ADDITIONAL INFORMATION

Venue Requirements:

All games must be played at a venue which meets the minimum requirements of the Women's State League Competition.

Changerooms:

Clubs hosting games must ensure that both teams are allocated a change room and that the Referees are also allocated a change room.

Match Length:

All matches: 2 x 45-minute halves

Grand Final:

If at the end of normal time, the game is drawn. The game will be determined by penalties. No extra-time will be played.

Ground Stewards:

Each team will still be required to have one (1) ground steward present. Three (3) ground stewards are required if there is an unfenced venue.

Match Balls:

The designated home team for each game is responsible for providing the match balls for each week of the competition. These must be provided to the Referee no later than 30 minutes prior to the game.



Referee Fees:

The home team will cover the cost of the Referee Fees. Football SA will be responsible for the payment of the Referee Fees for the Final. Match official fees to be confirmed in the lead up to the preseason competition.

Registration:

All players must be registered to be eligible to play in the competition. Players must be registered and approved through the play football online registration system.

Match Sheets:

Each club will be required to use a match sheet through Dribl. Teams can have up to 23 players listed on the match sheet. All games will be played under interchange rules, with all players listed being able to be used. Referees will be responsible for the management of interchange based on stoppage of play.

Playing Strip Allocation:

It is the responsibility of the away side to ensure there isn't a clash of strip colours for the preseason competition. If you are unsure what the home team will be wearing, the away team should contact the home team prior to the fixture. The away side should bring their first choice and their alternative playing strip to the game. The final decision regarding clashing of playing kits rest with the match official.