

| GREEN | | | | | | BLACK | | | | | |
|----------------------|-----------------|------------|-----|----|--------------------|-----------------------|-----------------|------------|-----|-----|-------------------------|
| Coach: Digby Morrell | | | | | | Coach: Adam Skrobalak | | | | | |
| No | Name | DOB | Ht | Wt | Club | No | Name | DOB | Ht | Wt | Club |
| 5 | Jacob Williams | 20/12/1993 | 176 | 72 | De La Salle | 5 | Harry O'Meara | 28/12/1994 | 175 | 75 | Bendigo Pioneers |
| 6 | Jake Aarts | 8/12/1994 | 178 | 68 | Bendigo Gold | 6 | Nick Rippon | 4/01/1994 | 177 | 80 | North Ballarat Roosters |
| 7 | Shannen Lange | 22/07/1994 | 179 | 78 | Bendigo Gold | 7 | Jacob Chisari | 26/01/1995 | 178 | 77 | Bendigo Pioneers |
| 8 | Josh Cashman | 29/12/1994 | 180 | 76 | Gippsland Power | 8 | Nick Jamieson | 3/05/1992 | 180 | 80 | Old Scotch Amateurs |
| 11 | Mitch Donoghue | 6/09/1995 | 182 | 76 | Oakleigh Chargers | 9 | Aaron Hodges | 23/01/1995 | 183 | 74 | Sandringham Dragons |
| 12 | Josh Turner | 29/03/1995 | 183 | 74 | Northern Knights | 11 | Taylor Grace | 17/04/1995 | 183 | 76 | Sandringham Dragons |
| 13 | Peter Shakallis | 2/06/1991 | 183 | 78 | Sandringham Zebras | 12 | James Munro | 22/11/1994 | 183 | 80 | Sandringham Dragons |
| 14 | Matt Farrelly | 7/01/1993 | 185 | 75 | Bendigo Gold | 13 | Jake McKenzie | 12/05/1994 | 181 | 75 | Western Jets |
| 15 | Tom Miller | 10/08/1993 | 185 | 77 | Tatura | 14 | David Iaccarino | 20/12/1994 | 182 | 81 | Western Jets |
| 16 | Ozgur Uysal | 5/08/1992 | 180 | 80 | Coburg | 15 | Tom Gribble | 17/10/1994 | 183 | 79 | Geelong VFL |
| 17 | James Linton | 2/05/1991 | 184 | 84 | Colac | 16 | Mitch Gent | 5/02/1992 | 183 | 82 | Casey Scorpions |
| 18 | Ben Bese | 30/11/1992 | 180 | 85 | Strathmore | 17 | Luke Tynan | 8/10/1991 | 184 | 80 | Casey Scorpions |
| 19 | Jason Pongracic | 21/04/1994 | 185 | 86 | Frankston | 18 | Liam Byrne | 4/11/1994 | 184 | 86 | Bendigo Pioneers |
| 20 | Liam Hunt | 3/02/1995 | 186 | 75 | Northern Knights | 19 | Ned Fallon | 24/12/1993 | 185 | 86 | Sandringham Zebras |
| 22 | Sam Anderson | 2/08/1995 | 187 | 72 | Oakleigh Chargers | 20 | Jake Best | 20/10/1989 | 186 | 83 | Casey Scorpions |
| 23 | Jake Sharp | 11/01/1995 | 187 | 76 | Murray Bushrangers | 22 | Jayden Hunt | 3/04/1995 | 186 | 76 | Brighton Grammar |
| 24 | Adam Giobbi | 19/03/1993 | 189 | 85 | Frankston | 23 | Jason Robinson | 17/07/1995 | 187 | 80 | Western Jets |
| 25 | Corey Buchan | 24/05/1992 | 190 | 87 | Frankston | 24 | Jordan Clarke | 22/07/1993 | 190 | 84 | Old Scotch Amateurs |
| 26 | Joe Cousins | 7/10/1994 | 193 | 86 | Murray Bushrangers | 25 | Michael Boland | 10/07/1991 | 196 | 80 | Casey Scorpions |
| 27 | Sandy Robinson | 10/02/1988 | 196 | 92 | Port Fairy | 26 | Jordan Mangan | 19/03/1995 | 193 | 86 | Bendigo Pioneers |
| 28 | James Toohey | 27/03/1994 | 197 | 96 | Oakleigh Chargers | 27 | Brandon Spurr | 17/07/1995 | 197 | 84 | Bendigo Pioneers |
| 29 | Nick Prowse | 27/08/1994 | 199 | 84 | Oakleigh Chargers | 28 | Bryce Curnow | 25/09/1991 | 194 | 91 | North Ballarat Roosters |
| 30 | Angus Milham | 11/08/1994 | 210 | 90 | Oakleigh Chargers | 29 | Lachlan Howe | 12/06/1993 | 199 | 100 | Geelong VFL |
| | | | | | | 30 | Lachlan Waddell | 12/05/1995 | 200 | 87 | Oakleigh Chargers |