

Most Valuable Player

The Most Valuable Player Awards for the Premier League are determined by a system in which each team's head coach allocates votes after each minor game of the season. After the completion of the minor rounds a list of the top 15 vote recipients is compiled, based on this voting system and sent to each team's head coach who then allocates 3-2-1 votes to players for this award from that list.

| Year | Men | Club | | Women | Club |
|------|------------------|-------------------|--|------------------|------------------------|
| 2001 | Derrick Boles | Riverland Raiders | | Vikki Kelson | Adelaide Southern Suns |
| 2002 | Jason Dix | Forestville | | Belinda Tredwell | North Adelaide |
| 2003 | Jason Dix | Forestville | | Deanna Smith | South Adelaide |
| 2004 | | | | | |
| 2005 | Jason Dix | Forestville | | Cayla Francis | Eastern |
| 2006 | Darren Ng | Sturt | | Jenine Browne | South Adelaide |
| 2007 | Todd Matthews | Norwood | | Angela Marino | Sturt |
| | Dusty Rychart | North Adelaide | | | |
| 2008 | Cameron Wilson | Woodville | | Cayla Francis | Eastern |
| | | | | Jess Foley | Norwood |
| 2009 | Jacob Holmes | Sturt | | Kerrin Webber | South Adelaide |
| 2010 | Riley Luetgerodt | Forestville | | Tess Madgen | Eastern |
| 2011 | Rashad Tucker | Forestville | | Jess Mahony | Central Districts |
| 2012 | Tom Daly | Sturt | | Tess Madgen | Eastern |
| 2013 | Daniel Johnson | West Adelaide | | Tess Madgen | Eastern |
| 2014 | Alex Starling | Woodville | | Janae Howard | South Adelaide |
| 2015 | Aric Miller | North Adelaide | | Jessica Foley | Norwood |
| | | | | Callan Taylor | Woodville |
| 2016 | Mitch Creek | Southern | | Olivia Thompson | Forestville |