



# Iowa Volleyball Region



8170 Hickman Road, Ste 5  
Clive, IA 50325-4400  
P: 515-727-1860  
F: 515-727-1861

## 2025-2026 Age – Grade Definitions

Updated: June 17, 2025

1. All Players on an **Iowa Age Level team** must meet these age requirements. No waivers will be given to teams competing in events that qualify a team for National Competition.
2. **Iowa Grade Level teams** may have waivers for players that do not meet the age requirement so long as they are in the appropriate grade. Boys may be waived on to a girl's grade level team for 8<sup>th</sup> grade / 14u & younger teams. (No boys allowed on age level teams.) (No grade teams needed at 18s male or female; or 17s female.)

JUNIOR AGE DEFINITIONS 2025-26											
AGE	18 & Under <sup>1</sup>	17 & Under	16 & Under	15 & Under <sup>3</sup>	14 & Under <sup>4</sup>	13 & Under <sup>5</sup>	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
JULY*	2007 <sup>2</sup>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
AUG	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
SEPT	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
OCT	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
NOV	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
DEC	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
JAN	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
FEB	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
MAR	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
APR	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
MAY	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
JUNE	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
GRADE	12 <sup>th</sup>	11 <sup>th</sup>	10 <sup>th</sup>	9 <sup>th</sup>	8 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Grad Year	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036

Once a player has been enrolled at a university, college, community college or junior college AND been cleared to participate by that (volleyball) program, he/she is **ineligible** to take part in any regional and national programming, which includes but is not limited to national JNC qualifying and championship events.

**Note:** These age definitions are used by domestic club programs and are **NOT** the same as the age definitions for the International and Domestic National Team Development programs.

<sup>1</sup> **OR** players born on or after July 1, 2006, **and** a high school student in the 12<sup>th</sup> grade or below during some part of the current academic year are eligible to compete on 18 and under teams.

<sup>2</sup> **17 & under Division** – players (female & male\*) born on or after July 1, 2007 (who are defined as 18 & under by USAV Age Definition) and are in the 11<sup>th</sup> grade for the current academic year are eligible to compete in 17 and under.

<sup>3</sup> **Male Only** – Players who were **born on or after July 1, 2010 (15 years or younger)** who neither have completed nor are in a grade higher than **8<sup>th</sup> grade** during the current academic year are eligible to play in the **14 & Under division**. Allowed to participate at BJNC.

<sup>4</sup> **Male Only** – Players who were **born on or after July 1, 2011 (14 years or younger)** who neither have completed nor are in a grade higher than **7<sup>th</sup> grade** during the current academic year are **eligible for a Region approved waiver** to compete in the boys 13's age group.

<sup>5</sup> **Male Only** – Players who were **born on or after July 1, 2012 (13 years or younger)** who neither have completed nor are in a grade higher than **6<sup>th</sup> grade** during the current academic year are **eligible for a Region approved waiver** to compete in the boys 12's age group.

\*The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on May 27, 2025.