

2025

USA Volleyball Age Eligibility (by birth month and year)

USAV AGE Level >>	9 & UNDER	10 & UNDER	11 & UNDER	12 & UNDER	13 & UNDER	14 & UNDER	15 & UNDER	16 & UNDER	17 & UNDER	18 & UNDER
Grade*	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
HS Grad Yr.	2034	2033	2032	2031	2030	2029	2028	2027	2026	2025
Net/Ball	Net Height - 7' U12 ball (lighter weight)				Net Height - 7'4 1/8"		Net Heights: Girls - 7' 4 1/8"; Boys - 7' 11 5/8"			
JULY	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
AUG	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
SEP	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
OCT	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
NOV	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
DEC	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
JAN	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
FEB	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
MAR	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
APR	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
MAY	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
JUN	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007

USAV exceptions:

- Players who were born on or after July 1, 2005 and a high school student in the twelfth (12th) grade or below during some part of the current academic year are eligible to compete in 18s
- FEMALE ONLY: - Players who were born on or after July 1, 2006, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are waived to compete in 17 & under. (This age waiver is based on recruiting concerns for 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

NOTES:

- USAV age is, by definition, the age of the athlete on **JULY 1ST OF 2025**.
- Grade is not the primary determinant of USAV age eligibility, however, we include grade and HS grad year in this chart as a point of reference.
- Athletes are not allowed to 'play down' [i.e. play an age level lower than indicated above, regardless of grade]
- Generally speaking, Triangle looks to keep athletes in the "peer group" (i.e. grade level) when possible with few exceptions. [i.e. we do not consider a USAV age level 13 who is in 8th grade to be "playing up" if they play 14s]. High school athletes grades 10 or higher considering playing up should contact us in advance of tryouts as it may be appropriate to meet with our recruiting coordinator.
- "Playing Up" - with few exceptions Triangle does not have athletes who 'play up' [i.e. a USAV 13s in 7th grade playing 14s].