

| USA Volleyball Junior Player Age Definition | | | | | | | |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 2022-2023 | | | | | | | |
| To determine the correct age division, please find the month of birth in the left column and then the year in the same row. The heading of the column matching year of birth is the correct age bracket. | | | | | | | |
| | 18 | 17 | 16 | 15 | 14 | 13 | 12 |
| July | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| August | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| September | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| October | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| November | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| December | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| January | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
| February | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
| March | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
| April | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
| May | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
| June | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |