

Age Groups for the 2025/2026 NBA Season

14 and under	Born on or after 8-1-10 Grade Exception – can play if born on or after 8-1-09 and Player is currently in the 9 th grade.
12 and under	Born on or after 8-1-12 Grade Exception – can play if born on or after 8-1-11 and Player is currently in the 7 th grade.
11 and under	Born on or after 8-1-13 Grade Exception – can play if born on or after 8-1-12 and Player is currently in the 6 th grade.
10 and under	Born on or after 8-1-14 Grade Exception – can play if born on or after 8-1-13 and Player is currently in the 5 th grade.
9 and under	Born on or after 8-1-15 Grade Exception – can play if born on or after 8-1-14 and Player is currently in the 4 th grade.
8 and under	Born on or after 8-1-16 Grade Exception – can play if born on or after 8-1-15 and Player is currently in the 3 th grade.
7 and under	Born on or after 8-1-17 Grade Exception – can play if born on or after 8-1-16 and Player is currently in the 2 th grade.
6 year old	minimum age , must have turned 6 before 8-1-25. Born on or After 8-1-18 Grade Exception – can play if born on or after 8-1-17 and Player is currently in the 1 th grade.

Maximum of three grade exception players per team.

Grade Exception players must turn in a properly completed grade exception form at the same time league card and birth certificate is turned in.

Any fraudulent birth certificates or grade exception forms that are discovered could result in the entire team being removed from the league at the point the discovery is made.