

# Iowa Graduated Driver Licensing

Car crashes continue to be the [number one cause of preventable death](#) for U.S. teenagers and driver inexperience is the root cause of these tragedies. NSC believes in the importance of parental involvement to keep new drivers safe and [DriveitHOME.org](#) is a free resource to help parents and caregivers get started. The program covers major risk factors for new drivers and offers solutions – from a parent-teen driving agreement to weekly driving lessons – all built around Graduated Driver Licensing (GDL).

## Graduated Driver Licensing (GDL)

GDL is a national strategy to help young drivers slowly and safely get experience behind the wheel before having full driving privileges. This process typically begins with an initial learner's permit, then an intermediate or provisional license phase, and then finally full licensure.

While the specifics of GDL laws vary between states, they often have restrictions on passenger limits and nighttime driving to help keep our most vulnerable drivers safe. Crucially, they all rely on teens getting plenty of practice time behind the wheel with a responsible parent or caregiver. For more information or to learn about each state's GDL laws, visit [DriveitHOME.org](#).

| Iowa Laws            |  |
|----------------------|--|
| Learner Stage        | <ul style="list-style-type: none"><li>• Must be at least 14 years old</li><li>• One year mandatory holding period</li><li>• 20 hours of supervised driving required with two of those hours being at night</li></ul> |
| Intermediate Stage   | <ul style="list-style-type: none"><li>• Must be at least 16 years old</li><li>• Nighttime driving restriction: 12:30 a.m. to 5 a.m.</li><li>• Passenger restrictions are up to parents and guardians</li></ul>       |
| Full Privilege Stage | <ul style="list-style-type: none"><li>• Nighttime driving restrictions are lifted after one year and age 17, or until age 18</li></ul>   |

Source: Insurance Institute for Highway Safety (IIHS)