



71

G

6-4 | 326

VEGA IOANE

COLLEGE: PENN STATE

AGE: 22 HOMETOWN: GRAHAM, WA

EXP. (NFL/RAVENS): ROOKIE GP/GS (PLAYOFFS): 0/0



— KEY TRANSACTIONS —

- Olaivavega Ioane was selected by the Ravens in the first round (14th overall) of the 2026 NFL Draft

— COLLEGE HONORS —

- First-team All-American by *CBS Sports* and *On3* (2025)
- Second-team All-American by *AP*, *The Athletic*, *FWAA*, *Sports Illustrated* and Walter Camp (2025)
- Finalist for the Polynesian Player of the Year Award (2025)
- First-team All-Big Ten by media (2025)
- Second-team All-Big Ten by conference coaches (2025)
- Academic All-Big Ten (2023-25)
- Second-team All-Big Ten by conference coaches and media (2024)
- Honorable mention All-Big Ten by media (2023)

— COLLEGE HIGHLIGHTS —

- Played in 44 games (32 starts) at Penn State across four seasons, logging 2,309 total snaps (1,879 at LG, 314 at RG, with additional snaps at center and tackle)
- Surrendered just 3 sacks in 1,165 career pass-blocking snaps, including a stretch of 28 consecutive starts without allowing a sack, per PFF
- Earned extensive All-America and All-Big Ten recognition following a dominant 2025 season, posting a 99.3% PFF pass-blocking efficiency rating while allowing only 4 QBHs
- In 2025, anchored an offense that produced 200-plus rushing yards in five games and 400-plus total yards in five games...Helped RB Kaytron Allen rank among the FBS leaders in rushing yards (1,303), rushing yards per game (108.6) and rushing TDs (15)

— PERSONAL —

- Full name is Olaivavega Ioane (pronounced: **OH-LIE-vuh-VENG-uh, yo-WAHN-ay**)
- Son of Aifai and Pausisi Ioane...Is the youngest of nine siblings, with five brothers — Joe, Chico, Avei, David and Tausisi Jr. — and three sisters — Hana, Mata and Lili
- Was born in American Samoa and moved to Washington State at the age of 10
- Originally played rugby when he was younger — following in the footsteps of his father and brothers — and didn't begin playing football until high school
- Enjoys gospel music, baking, cooking and hiking in his free time
- Graduated with a degree in journalism from Penn State...Is interested in pursuing opportunities in sports media following his NFL playing career

— NOTE THE QUOTE —

"He is the epitome of what we want the team to be like: a line-of-scrimmage, dominant team. He is a really physical, really great player, really great person. I really enjoyed getting to know him a little bit on the visit. He's everything that we want our guys to be. ... He is dominant at the line of scrimmage. I think we added the best interior offensive lineman in the draft."

— Head Coach Jesse Minter

2025: (PENN STATE — 11/11)

- Started all 11 games at LG as a redshirt junior, playing 614 offensive snaps...Allowed zero sacks and just 4 pressures in over 300 pass-blocking snaps
- Named a first-team All-American by *CBS Sports* and *On3*, while also earning multiple second-team All-America honors (*AP*, *The Athletic*, *FWAA*, *Sports Illustrated* and Walter Camp)...Also garnered All-Big Ten recognition (first-team by media and second-team by coaches)
- Posted a 99.3% PFF pass-blocking efficiency rating, while his PFF pass-blocking grade of 87.0-89.8 ranked among the top three Power Four guards nationally
- Was penalized just once in 614 total snaps
- Helped RB Kaytron Allen and RB Nicholas Singleton become the only FBS running back duo with 13-plus rushing TDs each, making them the first Big Ten pair to accomplish the feat since Ohio State in 2012
- With Ioane anchoring the interior, Penn State totaled 200-plus rushing yards in five of 11 games
- Nittany Lions tallied a season-high 509 yards, including 209 passing and 300 rushing, at Rutgers (11/29)

2024: (PENN STATE — 16/16)

- Started all 16 games at LG as a redshirt sophomore while leading the team in offensive snaps...Earned All-Big Ten second-team honors (coaches and media)
- Allowed just 2 sacks in 361 pass-blocking snaps and graded as the top pass-blocker and second-best run-blocker among Penn State's regular starters (per PFF)
- Helped the Nittany Lions gain 216 rushing yards vs. Notre Dame in the Orange Bowl (1/9/25)
- In a 33-30 win vs. USC (10/12), helped TE Tyler Warren set a PSU and Big Ten TE record with 224 receiving yards (on 17 catches)...Warren's 17 catches were also a school mark and tied an FBS TE record
- Helped Penn State set a single-game school record with 718 yards of offense vs. Kent State (9/21)
- Part of an O-line that did not allow a sack in multiple games, including vs. West Virginia, at USC, at Purdue and vs. Maryland

71 VEGA IOANE

2023: (PENN STATE — 13/5)

- Appeared in 13 games (five starts) as a redshirt freshman while playing both guard and center, allowing just 1 sack in 354 pass-blocking snaps
- Earned All-Big Ten honorable mention (media) and Academic All-Big Ten honors
- Helped Penn State register 510 total yards vs. Ole Miss in the Peach Bowl (12/30)
- Played both center and guard vs. UMass (10/14)
- Made his first-career start vs. Delaware (9/9), helping Penn State total 541 yards of offense

— HIGH SCHOOL —

- Prepped at Graham-Kapowsin (Graham, WA) HS, where he anchored the O-line for one of the nation's top programs...Helped lead his team to a 15-0 record as a senior in 2021 and a Class 4A state championship title
- Graham-Kapowsin averaged 456.3 yards per game and 44.1 points per game in 2021
- Named a 2021 *MaxPreps* second-team All-American and was rated a consensus three-star prospect by *247Sports*, *On3*, *Rivals* and *ESPN*

2022: (PENN STATE — 4/0)

- In his redshirt season, appeared in four games
- Named the coaching staff's Developmental Squad Offensive Player of the Week (vs. Purdue, 9/1)

