Input voltage to the board when it's using an external power source. Not USB bus.

IOREF

Logic reference voltage for shields that use it. Is connected to the 5V bus.

3V3

The Absolute output from the 3.3V regulator is MAX 150mA.

When I/O level is 3.3V

ICSP Pinout

Connected to the ATmega and used for USB programming and communicating with it.