

Chapter 3.1

IARU REGION 1 HF BAND PLAN – Effective 29th March 2009

FREQUENCY (kHz)	MAX BANDWIDTH (Hz)	PREFERRED MODE AND USAGE
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135.7 – 137.8	200	CW, QRSS and narrow band digital modes
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RR 5.67A Stations in the amateur service using frequencies in the band 135.7-137.8 kHz shall not exceed a maximum radiated power of 1 W (e.i.r.p.) and shall not cause harmful interference to stations of the radionavigation service operating in countries listed in No. 5.67. (WRC-07) (Cavtat 2008)

RR 5.67B The use of the band 135.7-137.8 kHz in Algeria, Egypt, Iran (Islamic Republic of), Iraq, Libyan Arab Jamahiriya, Lebanon, Syrian Arab Republic, Sudan and Tunisia is limited to the fixed and maritime mobile services. The amateur service shall not be used in the above-mentioned countries in the band 135.7-137.8 kHz, and this should be taken into account by the countries authorising such use. (WRC-07)(Cavtat 2008)

1.8 MHz Band:	1810 - 1838	200	CW, 1836 kHz - QRP Centre of Activity
	1838 - 1840	500	Narrow band modes
	1840 - 1843	2700	All modes – digimodes, (*)
	1843 - 2000	2700	All modes, (*)

Radio Amateurs in countries that have a **SSB allocation ONLY** below 1840 kHz, may continue to use it, but the National Societies in those countries are requested to take all necessary steps with their licence administrations to adjust the phone allocations in accordance with the Region 1 Bandplan. (Davos 2005)

3.5 MHz Band:	3500 - 3510	200	CW, priority for intercontinental operation
	3510 - 3560	200	CW, contest preferred, 3555 kHz - QRS Centre of Activity
	3560 - 3580	200	CW, 3560 kHz - QRP Centre of Activity
	3580 - 3590	500	Narrow band modes - digimodes
	3590 - 3600	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	3600 - 3620	2700	All modes - digimodes, automatically controlled data station (unattended), (*)
	3600 - 3650	2700	All modes, 3630 kHz - Digital Voice Centre of Activity, SSB contest preferred, (*)
	3650 - 3700	2700	All modes, 3690 kHz - SSB QRP Centre of Activity
	3700 - 3800	2700	All modes, SSB contest preferred, 3735 kHz - Image Centre of Activity, 3760 kHz - Region 1 Emergency Centre of Activity
	3775 - 3800	2700	All modes, priority for intercontinental operation

Intercontinental operations should be given priority in the segments 3500-3510 kHz and 3775-3800 kHz.

Where no DX traffic is involved, the contest segments should not include 3500-3510 kHz or 3775-3800 kHz. Member societies will be permitted to set other (lower) limits for national contests (within these limits).

3510-3600 kHz may be used for unmanned ARDF beacons (CW) (Davos 2005)

Member societies should approach their national telecommunication authorities and ask them not to allocate frequencies to other than amateur stations in the band segment that IARU has assigned to intercontinental long distance traffic.

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7 MHz Band:	7000 - 7025	200	CW, contest preferred
	7025 - 7040	200	CW, 7030 kHz - QRP Centre of Activity
	7040 - 7047	500	Narrow band modes - digimodes
	7047 - 7050	500	Narrow band modes – digimodes, automatically controlled data stations (unattended)
	7050 - 7053	2700	All modes - digimodes, automatically controlled data stations (unattended) (*)
	7053 - 7060	2700	All modes - digimodes
	7060 - 7100	2700	All modes, SSB contest preferred 7070 kHz - Digital Voice Centre of Activity 7090 kHz - SSB QRP Centre of Activity
	7100 - 7130	2700	All modes, 7110 kHz – Region 1 Emergency Centre of Activity
	7130 - 7200	2700	All modes, SSB contest preferred, 7165 kHz - Image Centre of Activity
	7175 - 7200	2700	All modes, priority for intercontinental operation

10 MHz:	10100 - 10140	200	CW, 10116 kHz - QRP Centre of Activity
	10140 - 10150	500	Narrow band modes – digimodes

SSB may be used during emergencies involving the immediate safety of life and property and only by stations actually involved in the handling of emergency traffic.

The band segment 10120 kHz to 10140 kHz may be used for SSB transmissions in the area of Africa south of the equator during local daylight hours.

News bulletins on any mode should not be transmitted on the 10 MHz band.

14 MHz Band:	14000 - 14060	200	CW, contest preferred, 14055 kHz - QRS Centre of Activity
	14060 - 14070	200	CW, 14060 kHz - QRP Centre of Activity
	14070 - 14089	500	Narrow band modes - digimodes
	14089 - 14099	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	14099 - 14101		IBP, exclusively for beacons
	14101 - 14112	2700	All modes - digimodes, automatically controlled data stations (unattended)
	14112 - 14125	2700	All modes
	14125 - 14300	2700	All modes, SSB contest preferred, 14130 kHz - Digital Voice Centre of Activity 14195 kHz ± 5 kHz - Priority for Dxpeditons 14230 kHz - Image Centre of Activity 14285 kHz - SSB QRP Centre of Activity
	14300 - 14350	2700	All modes, 14300 kHz - Global Emergency centre of activity

18 MHz Band:	18068 - 18095	200	CW, 18086 kHz - QRP Centre of Activity
	18095 - 18105	500	Narrow band modes - digimodes
	18105 - 18109	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	18109 - 18111		IBP, exclusively for beacons
	18111 - 18120	2700	All modes - digimodes, automatically controlled data stations (unattended)
	18120 - 18168	2700	All modes, 18130 kHz - SSB QRP Centre of Activity 18150 kHz - Digital Voice Centre of Activity 18160 kHz - Global Emergency Centre of Activity

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21 MHz Band:	21000 - 21070	200	CW, 21055 kHz - QRS Centre of Activity 21060 kHz - QRP Centre of Activity
	21070 - 21090	500	Narrow band modes - digimodes
	21090 - 21110	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	21110 - 21120	2700	All modes (excluding SSB) - digimodes, automatically controlled data stations (unattended)
	21120 - 21149	500	Narrow band modes
	21149 - 21151		IBP, exclusively for beacons
	21151 - 21450	2700	All modes, 21180 kHz - Digital Voice Centre of Activity 21285 kHz - SSB QRP Centre of Activity 21340 kHz - Image Centre of Activity 21360 kHz - Global Emergency Centre of Activity

24 MHz Band:	24890 - 24915	200	CW, 24906 kHz - QRP centre of activity
	24915 - 24925	500	Narrow band modes - digimodes
	24925 - 24929	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	24929 - 24931		IBP, exclusively for beacons
	24931 - 24940	2700	All modes - digimodes, automatically controlled data stations (unattended)
	24940 - 24990	2700	All modes, 24960 kHz - Digital Voice Centre of Activity

28 MHz Band:	28000 - 28070	200	CW, 28055 kHz - QRS Centre of Activity 28060 kHz - QRP Centre of Activity
	28070 - 28120	500	Narrow band modes - digimodes
	28120 - 28150	500	Narrow band modes - digimodes, automatically controlled data stations (unattended)
	28150 - 28190	500	Narrow band modes
	28190 - 28199		IBP, regional time shared beacons
	28199 - 28201		IBP, worldwide time shared beacons
	28201 - 28225		IBP, continuous duty beacons
	28225 - 28300	2700	All modes - beacons
	28300 - 28320	2700	All modes - digimodes, automatically controlled data stations (unattended)
	28320 - 29200	2700	All modes, 28330 kHz - Digital Voice Centre of Activity 28360 kHz - SSB QRP Centre of Activity 28680 kHz - Image Centre of Activity
	29200 - 29300	6000	All modes - digimodes, automatically controlled data stations (unattended)
	29300 - 29510	6000	Satellite-downlink
	29510 - 29520		Guard channel
	29520 - 29550	6000	All modes - FM simplex – 10 kHz channels
	29560 - 29590	6000	All modes - FM repeater input (RH1 – RH4)
	29600	6000	All modes - FM calling channel
	29610 - 29650	6000	All modes - FM simplex – 10 kHz channels
29660 - 29700	6000	All modes - FM repeater outputs (RH1 – RH4)	

Member societies should advise operators not to transmit on frequencies between 29.3 and 29.51 MHz to avoid interference to amateur satellite downlinks.

Preferred NBFM operating frequencies on each 10 kHz from 29.210 to 29.290 MHz inclusive should be used. A deviation of ± 2.5 kHz being used with 2.5 kHz as maximum modulation frequency.

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DEFINITIONS

- All modes** CW, SSB and those modes listed as Centres of Activity, plus AM (Consideration should be given to adjacent channel users).
- Image modes** Any analogue or digital image modes within the appropriate bandwidth, for example SSTV and FAX.
- Narrow band modes** All modes using up to 500 Hz bandwidth, including CW, RTTY, PSK etc.
- Digimodes** Any digital mode used within the appropriate bandwidth, for example RTTY, PSK, MT63 etc.
- (*) Lowest dial setting for LSB Voice mode: 1843, 3603 and 7053 kHz

NOTES

Amplitude modulation (AM) may be used in the telephony sub-bands providing consideration is given to adjacent channel users. (NRRL Davos 05).

CW QSOs are accepted across all bands, except within beacon segments. (Recommendation DV05_C4_Rec_13)

Contest activity shall not take place on the 10, 18 and 24 MHz bands.

Non-contesting radio amateurs are recommended to use the contest-free HF bands (30, 17 and 12m) during the largest international contests. (DV05_C4_Rev_07)

The term “automatically controlled data stations” includes Store and Forward stations.

The frequencies in the bandplan are understood as “transmitted frequencies” (not those of the suppressed carrier!)

Unmanned transmitting stations:

IARU member societies are requested to limit this activity on the HF bands. It is recommended that any unmanned transmitting stations on HF shall only be activated under operator control except for beacons agreed with the IARU Region 1 beacon coordinator, or specially licensed experimental stations.

Sideband Usage Below 10MHz use lower sideband (LSB), above 10 MHz use upper sideband (USB)