

# Summary of Hours of Service Regulations

The following table summarizes the HOS regulations for property-carrying and passenger-carrying drivers.

## HOURS-OF-SERVICE RULES

### PROPERTY-CARRYING DRIVERS

#### 11-Hour Driving Limit

May drive a maximum of 11 hours after 10 consecutive hours off duty.

#### 14-Hour Limit

May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14-hour period.

#### Rest Breaks

May drive only if 8 hours or less have passed since end of driver's last off-duty or sleeper berth period of at least 30 minutes. Does not apply to drivers using either of the short-haul exceptions in 395.1(e). [49 CFR 397.5 mandatory "in attendance" time may be included in break if no other duties performed]

#### 60/70-Hour Limit

May not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty.

Must include two periods from 1 a.m. to 5 a.m. home terminal time, and may only be used once per week for 158 hours, measured from the beginning of the previous restart.

**NOTICE: The Consolidated and Further Continuing Appropriations Act of 2015 was enacted on December 16, 2014, suspending enforcement of requirements for use of the 34-hour restart. For more information see FMCSA's Federal Register notice: [www.fmcsa.dot.gov/regulations/hours-service/hours-service-drivers](http://www.fmcsa.dot.gov/regulations/hours-service/hours-service-drivers)**

#### Sleeper Berth Provision

Drivers using the sleeper berth provision must take at least 8 consecutive hours in the sleeper berth, plus a separate 2 consecutive hours either in the sleeper berth, off duty, or any combination of the two.

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- See more at: <http://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations#sthash.RgLdCc6u.dpuf>

### PASSENGER-CARRYING DRIVERS

#### 10-Hour Driving Limit

May drive a maximum of 10 hours after 8 consecutive hours off duty.

#### 15-Hour Limit

May not drive after having been on duty for 15 hours, following 8 consecutive hours off duty. Off-duty time is not included in the 15-hour period.

#### 60/70-Hour Limit

May not drive after 60/70 hours on duty in 7/8 consecutive days.

#### Sleeper Berth Provision

Drivers using a sleeper berth must take at least 8 hours in the sleeper berth, and may split the sleeper berth time into two periods provided neither is less than 2 hours.

