

ARRL 160-Meter Contest Rules

Introduction and How to Operate

Contest Objective: For amateurs worldwide to exchange information with W/VE amateurs on 160-meter CW.

Your [ARRL membership](#) helps support the ARRL Contest Program – the world's largest with many different events from HF through microwave. Along with your membership, you'll get free access to the National Contest Journal, the ARRL's online archive of QST articles, and the Technical Information Service. Contesting builds skills and understanding – come join the fun!

Contest Period (All dates are maintained in the [ARRL contest calendar](#)):

First full weekend in December. Begins 2200 UTC Friday and runs through 1559 UTC Sunday.

There is no operating time limitation in any category

Log Deadline: Upload your log at [contest-log-submission.arrl.org](#) no later than **SEVEN (7)** days after the contest is over at 1559 UTC. Paper log forms are available on the [ARRL 160 Meter Contest](#) web page.

Bands and Modes: Use only CW on the 1.8 MHz band.

Categories: Single Operator, Single Operator Unlimited, and Multioperator, Single Transmitter. See the Special Rules and HF Categories sections for details.

Limited Antennas Overlay: Any Single Operator or Single Operator Unlimited entrant can enter using the Limited Antennas Overlay. Operation is limited to the use of single-element antennas such as a single vertical, end-fed wire, or a single dipole antenna no more than 50 feet above ground at its highest point. The antenna(s) may cover multiple bands, as in the case of multiband verticals and dipoles with fan or trap constructions.

Contacts: W/VE stations may contact any other station. DX stations may only contact W/VE stations. Stations located in overseas and non-contiguous US Territories count only as ARRL sections and may be contacted by DX stations. Alaska (KL7 – AK) and Hawaii (KH6 – PAC), the Caribbean US possessions (KP1- KP5 – PR or VI), and all of the Pacific Ocean territories (KHØ-KH9 – PAC). These stations can work BOTH domestic stations (US and VE) as well as DX stations. Check your software before the contest to be sure it will accept these QSOs.

Exchange: W/VE stations send a signal report and their ARRL/RAC Section. DX stations send a signal report.

This is a typical contest contact:

CQing Station: CQ TEST DE W1AW
Answering Station: W1BB
CQer: W1BB 599 CT
Answer: 599 EMA
CQer: TU W1AW

Or

CQing Station: CQ TEST DE W1AW
Answering Station: ON4UN
CQer: ON4UN 599 CT
Answer: 599
CQer: TU W1AW

As the answering station, it is not necessary to send the CQing station's call before the exchange unless you think there might be some confusion about which station you are responding to.

Scoring: Each contact between W/VE stations counts for two (2) QSO points. Each contact with a DX station counts five (5) QSO points. To calculate your final score, multiply the total QSO points by the number of ARRL/RAC sections ([ARRL Contest Multipliers List](#)) and DXCC entities you contacted.

Club Competition: You can contribute your score to your ARRL Affiliated Club by selecting the club name when you upload your log. Club Competition rules are available here: [Affiliated Club Competition Rules](#).

Feedback about the contest:

Send us your stories and photos! Tell us what fun you had, how you did, and what challenges you faced at the ARRL Contest Program's "[Soapbox](#)" page.

Additional Resources:

[ARRL Section Map](#)

All contest queries should be directed to contests@arrl.org or 860-594-0232.

Special ARRL 160-Meter Contest Rules

1. Operating Period: 2200 UTC Friday through 1559 UTC Sunday.
 - 1.1 All stations may operate the entire 42-hour period.
2. Contacts
 - 2.1 W/VE stations may contact other W/VE and DX stations for contest credit.
 - 2.1.1 Alaska (KL7 – AK) and Hawaii (KH6 – PAC), the Caribbean US possessions (KP1-KP5 - PR or VI), and all of the Pacific Ocean territories (KHØ-KH9 – PAC) participate as W/VE stations and count as ARRL sections.
 - 2.2 DX stations may only contact W/VE stations for contest credit.
 - 2.3 Use only the 1.8 MHz band.
 - 2.4 Use only the CW mode.
3. Categories
 - 3.1 See the HF Categories section for power sub-categories.
 - 3.2 Single Operator
 - 3.3 Single Operator Unlimited
 - 3.4 Multioperator, Single Transmitter
4. Contest Exchange - the required exchange consists of:
 - 4.1 Signal report
 - 4.2 W/VE stations also send their ARRL/RAC Section. A list of abbreviations is available at [ARRL Contest Multipliers List](#).
 - 4.3 Maritime mobile (and aeronautical mobile stations if outside W/VE) also send their ITU region (1-3)
5. Scoring
 - 5.1 QSO points:
 - 5.1.1 Each contact between W/VE stations counts for two (2) QSO points.
 - 5.1.2 Each contact with a DX station counts five (5) points.
 - 5.2 Multipliers:
 - 5.2.1 W/VE stations count ARRL/RAC Sections plus the Northern Territories (see the [ARRL Contest Multipliers List](#)) plus DXCC entities.
 - 5.2.2 DX stations count ARRL/RAC Sections.
 - 5.3 Final score equals the total QSO points times the total multipliers contacted.
6. Operating Restrictions

There are no special operating restrictions – the 1830-1835 kHz window is no longer reserved for W/VE-to-DX QSOs in this contest.
7. Awards
 - 7.1 [Online certificates](#) will be available to all eligible participants. This includes:
 - 7.1.1 The top QRP, LP, and HP Single Operator stations in each ARRL/RAC Section and DXCC Entity.
 - 7.1.2 The top Multioperator, HP and Multioperator, LP stations in each ARRL Division and continent.
8. Log Submission
 - 8.1 Logs are due SEVEN (7) days after the event is over at 1559 UTC. If an extension of the log deadline is needed, contact the ARRL Contest Program Manager. All entries received are displayed on the [Logs Received](#) page.
 - 8.2 Send paper logs to the ARRL, addressed to 160-Meter Contest.

Entry Categories for ARRL 160-Meter Contest

Version 1.5 – 25 Aug 2022

Categories	QRP ¹	Low Power (LP) ²	High Power (HP) ³	Spotting Assistance
Single Operator (SO)	Yes	Yes	Yes	No
Single Operator Unlimited (SOU)	Yes	Yes	Yes	Yes
Multioperator, Single Transmitter (MS)	No	Yes	Yes	Yes
Checklog	n/a	n/a	n/a	n/a

1 — 5 watts PEP output or less

2 — 100 watts PEP output or less

3 — 1500 watts PEP output or the maximum allowable power level established by the national licensing authority issuing the operator and/or station license, whichever is less.

HCAT.1. Single Operator (SO)

HCAT.1.1. Use of spotting assistance is not permitted.

HCAT.1.2. Only one transmitted signal is permitted at any time.

HCAT.1.3. Power sub-categories include QRP (SOQRP), Low Power (SOLP), and High Power (SOHP).

HCAT.1.4. Any Single Operator entrant who meets the requirements may enter the following Category Overlay:

Limited Antennas Overlay – Operation is limited to the use of single-element antennas such as a single vertical, end-fed wire, or a single dipole antenna no more than 50 feet above ground at its highest point. The antenna(s) may cover multiple bands, as in the case of multiband verticals and dipoles with fan or trap constructions.

HCAT.2. Single Operator Unlimited (SOU)

HCAT.2.1. Use of spotting assistance is permitted. Spotting information must be derived from sources within the station's circle or sources open to the general public.

HCAT.2.2. Entrants are permitted to use social media, video live streaming, and internet chat rooms.

HCAT.2.3. Only one transmitted signal is permitted at any time.

HCAT.2.4. Power sub-categories include QRP (SOUQRP), Low Power (SOULP), and High Power (SOUHP).

HCAT.2.5. Any Single Operator Unlimited entrant who meets the requirements may enter the following Category Overlay:

Limited Antennas Overlay – Operation is limited to the use of single-element antennas such as a single vertical, end-fed wire, or a single dipole antenna no more than 50 feet above ground at its highest point. The antenna(s) may cover multiple bands, as in the case of multiband verticals and dipoles with fan or trap constructions.

HCAT.3. Multioperator, Single Transmitter (MS)

HCAT.3.1. Use of spotting assistance is permitted. Spotting information must be derived from sources within the station's circle or sources open to the general public.

HCAT.3.2. Entrants are permitted to use social media, video live streaming, and internet chat rooms.

HCAT.3.3. Only one transmitted signal is allowed at any time.

HCAT.3.4. Power sub-categories include Low Power (MSLP) and High Power (MSHP).

Rules for Entry

Version 1.2 – 15 Jul 2022

Conditions of Entry

COND.1. By submitting a log, entrants agree to be bound by the contest rules. Violation of the contest rules or engaging in prohibited conduct may result in disciplinary action at the discretion of the ARRL Awards Committee up to and including disqualification.

COND.2 Multiple entries

COND.2.1 Individuals and stations may submit multiple entries per contest under different call signs from different locations, see OPRG.2 and STTN.1. Using a call sign modifier does NOT make the call sign unique. (Example- W1AW and W1AW/7 are treated as the same call sign.)

COND.3. Log contents used to determine final score and awards will be available to the public.

COND.4. Entrants agree to follow the regulations of their operating licenses and station licenses at all times.

COND.5. Entrants agree to be bound by the decisions of the ARRL Awards Committee. COND.6. All entries become the property of the ARRL and are not returnable.

Operating and Entry Restrictions

OPRG.1. Call signs and exchange information must be sent, received, acknowledged, and logged correctly for a complete contact.

OPRG.2. An operator may not use more than one call sign from any given location during the contest period.

OPRG.3. Alternating CQs on two or more frequencies using the same band and mode is prohibited.

OPRG.4. Each contact must include contemporaneous direct initiation by both operators making a contact. Initiation of a contact may be by either local or remote control.

OPRG.5. Aeronautical and Maritime/Marine Mobile stations

OPRG.5.1. In contests in which DX stations may be worked by W/VE stations, contacts with aeronautical mobile and maritime mobile stations outside the US and Canada count for contact credit only.

OPRG.6. Only one transmitted signal per band is permitted at any time.

Station and Equipment Restrictions

STTN.1. A transmitter used to contact one or more stations may not be subsequently used under any other call sign during the contest period, except

a) for family stations where more than one call sign has been issued, and then only if the second call sign is used by a different operator.

b) for remote stations used by individual amateurs that have limited or no access to their own stations.

This rule does not permit any operator to use multiple call signs at the same station to manufacture contacts to another station in the contest.

STTN.2. All transmitters and receivers must be located within a 500-meter diameter circle, excluding antennas.

STTN.3. Remote receiving installations outside the 500-meter circle are prohibited. Stations remotely controlled by radio link may use necessary equipment at the control point. This does not allow using the control point as another receiving location.

Prohibited Conduct

Examples of prohibited conduct include, but are not limited to:

PROH.1. Claiming cross-band contacts.

PROH.2. Use of systems such as repeaters, gateways, or digipeaters to relay on-the-air signals.

Satellites may be used only if permitted by the contest rules. This does not apply to the remote control of a station.

PROH.3. Arranging and confirmation of any contacts during or after the contest by use of any non-amateur radio means. All required elements of a contact must be exchanged via amateur radio.

PROH.4. Misrepresenting contact times ("rubber clocking") to meet band change or off time rules.

PROH.5. Claiming excessive unverifiable contacts or multipliers ("log padding").

PROH.6. Transmitting signals with excessive bandwidth (e.g., spurious emissions) or harmonics.

PROH.7. Failure to identify transmissions in a timely manner (i.e., for longer periods than 1 minute).

PROH.8. Repeater input or output frequencies may not be used without the permission of the repeater owner.

Log Checking Penalties

Logs are cross-checked using custom software and human judgment.

LGCK.1. Duplicate contacts are removed with no additional scoring penalty.

LGCK.2. Contacts with call sign errors ("Busted") or that are not found in the corresponding log ("NIL") are removed from the log and an additional scoring penalty of the QSO point value of that contact is assessed.

LGCK.3. Contacts with an incorrectly received exchange are removed with no additional scoring penalty.

Disciplinary Actions

DSCP.1. Disqualified entries will be listed in the published results, are not eligible for an award, and are not eligible to submit an entry in the next running of that contest.

DSCP.2. Notification of Award Committee actions will be sent by email to the address provided with the log submission. The entrant has five days to appeal the decision to the Contest Program Manager. If there is no response, after that time the decision is final.

DSCP.3. The Awards Committee reserves the right to change the category of any entry based on its examination of the log or other information.

Log Submission Rules

Version 1.01 – 30 April 2020

Electronic Log Submission

ELOG.1. The official ARRL format for electronic logs is the Cabrillo format (www.arrrl.org/cabrillo).

ELOG 1.1. A paper printout of an electronic log file is not an acceptable substitute. A utility for converting log files in non-Cabrillo format to Cabrillo is available at www.b4h.net/cabforms.

ELOG.2. Electronic logs must be submitted via contest-log-submission.arrrl.org with the exception of Field Day, Straight Key Night, 10 GHz and Up, ARRL EME, Rookie Roundup, and School Club Roundup.

ELOG.3. Electronic logs are assumed to be signed as complying with all contest rules and conditions when they are submitted.

ELOG.4. Multioperator logs must include the complete list of operators in the Cabrillo OPERATORS: field.

Paper Log Submission

PLOG.1. Entrants must use the most current official contest forms or an acceptable facsimile, as scoring rules, ARRL sections, etc., do change periodically. See the ARRL website for downloadable forms.

PLOG.2 Paper logs may be mailed to ARRL, 225 Main St, Newington CT 06111, USA. Each paper log entry must be accompanied by a Summary Sheet listing all scoring information, the category of competition, and the entrant's name.

PLOG.3. Paper entries with 500 or more contacts must include an official dupe sheet for the contest.

Log Submission Deadline

LGDL.1. Entries must be sent to the ARRL by the log deadline published in the rules for each contest. For electronic submissions, the submission date and time is determined by the app confirmation. For paper entries submitted by mail, submission date and time is determined from the postmark.

LGDL.2. Submitted entries will be listed on the [Logs Received](#) page until final results are published.

LGDL.3. Logs not submitted or postmarked by the contest deadline are not eligible for awards.

LGDL.4. Entries received at the ARRL after the contest submission deadline may not be included in the contest results.

Definitions and Glossary

Version 1.06 – 15 Jul 2022

Automated Multi-Channel Decoder: Device such as *CW Skimmer* software that provides information about the identity and frequency of contest station transmissions while functioning independently of the operator's direct control and participation. Software that displays multiple decoded signals at the same time is considered to be a multi-channel decoder.

Band Changes: A band change consists of two consecutive contacts on different bands. For example, making a contact on 20 meters then on 40 meters and then on 20 meters counts as two band changes.

Clock Hour: A clock hour is from zero to 59 minutes on the clock, not any 60 consecutive minutes.

Digital (mode): Any mode defined as "data" in the FCC Part 97 rules (§97.3(c)(2)).

Dupe Sheet: An alphanumerically sorted list of all contacts made during the contest, sorted by band and mode as appropriate. A list of duplicate contacts does not meet this requirement.

DX Stations: Any non-W/VE station. This includes US possessions and territories in the Caribbean and Pacific and St. Paul Island (CY9) and Sable Island (CYØ). Exceptions such as the status of Hawaii (KH6) and Alaska (KL7) are stated in the Special Rules for each contest.

DXCC Entities: defined by ARRL DXCC List

Electronic Log or Entry: consists of any log submitted by electronic means.

High Power (HP): 1500 watts PEP output or the maximum allowable power level established by the national licensing authority issuing the operator and/or station license, whichever is less.

Low Power (LP):

Below 30 MHz- 100 watts PEP output or less

Maritime Mobile: For the purposes of ARRL contests, maritime mobile is defined as shipboard operation, outside of the territorial waters of the country (defined for these purposes as 12 miles offshore).

Maximum Number of Signals: This Maximum Number does not include a signal necessary to provide spotting assistance, i.e. 2m packet connection. Other than that exception, it is the maximum number of signals that a station may emit at any time.

Multioperator: More than one person performs all transmitting, receiving, and logging functions as well as equipment and antenna adjustments.

Off Time: A period during which no contacts are logged. Unless otherwise specified, to count as off time, there must be at least 30 consecutive minutes in the log without a contact. During off time, operators may not listen to contest activity.

QRP: 5 watts PEP output or less

RTTY (mode): Any mode defined as “RTTY” in the FCC Part 97 rules (§97.3(c)(7)).

Single Operator: One person performs all transmitting, receiving, and logging functions as well as equipment and antenna adjustments.

Spotting/QSO Finding Assistance: Use of any technology that provides call sign or multiplier identification of a signal to the operator. This includes PSKReporter, Telnet, DX spotting websites or bulletin board systems, automated multi-channel decoders, etc. This also includes operating arrangements with other individuals, DX alerting nets, chat rooms, social media, live video streaming, etc. Such assistance may NOT be used to convey receipt or non-receipt of any required element of a contact or to request a repeat of any required element of a contact. Generating spotting information for use by other stations is not considered to be spotting assistance.

W/VE stations: stations operating in the United States and District of Columbia with the exception of Alaska and Hawaii, and stations operating within the Canadian provinces and territories with the exception of the DXCC entities St Paul Island and Sable Island. (Exception – See the Special Rules for Sweepstakes and the 160 Meter Contest regarding US possessions and territories.)