

222 MHz and Up Distance Contest Rules

Introduction and How to Operate

Contest Objective: For stations to make contacts on the 222 MHz through 241 GHz bands using any mode. A station in a specific grid locator may be contacted from the same location only once on each band, regardless of mode.

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 August.

The contest begins at 1800 UTC Saturday and ends at 1759 UTC Sunday

There are no operating time restrictions in any category.

Log Deadline: Upload your log at [contest-log-submission.arrl.org](#) no later than **FOURTEEN (14)** days after the contest is over at 1759 UTC. Paper log forms are available via the [ARRL Contests](#) web page.

Bands and Modes: Use any amateur band from 222 MHz through 241 GHz. Contacts may be made using any mode. Contact stations only once per band from each grid locator.

Categories: Only three categories with no sub-categories: Single Operator, Fixed; Rover; and Multioperator. See the Special Rules section for more information.

Contacts: All stations may contact any other station.

Exchange: Send 6-character Maidenhead grid-square locator ([www.arrl.org/grid-squares](#)). Rover stations in motion exchange grid-square locator at the time of the contact. A signal report is optional.

This is a typical contest contact:

CQing Station: CQ test from K2DRH

Answering Station: NN1N

CQer: NN1N EN41vr

Answer: EN40pn

CQer: Thanks K2DRH

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 counts for distance points which are the distance in km between the centers of the station grid locators. (Use a map and ruler or software to determine distance.) Contacts between

stations within the same sub-grid are assigned a distance of one kilometer. Distance points are then multiplied by a Band Factor (see the Special Rules for the contest below).

Scoring Example:

W9JJ's log shows these six QSOs from en44xa:

K9JK/R	in en44bc on 1296 MHz	147 km x 2 = 294
W9XA/R	in en43xx on 10 GHz	5 km x 6 = 30
K8QYZ/R	in en74de on 432 MHz	346 km x 1 = 346
K8QYZ/R	in en73aa on 432 MHz	347 km x 1 = 347
K8QYZ/R	in en73aa on 902 MHz	347 km x 4 = 1388
W9FZ/R	in en44xa on 1296 MHz	1 km x 2 = 2
TOTAL Contest Score		2,407

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](#).

Team Competition: You can also form a team of stations operating with a single Contest Region (see the Special Rules for the contest.) Small teams have 2 to 5 members and Large Teams include 6 to 10 members. All team members must be registered. Each member may only be on one team and must make at least one valid contact with another member of the same team. (See the Special Rules for the contest.)

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.

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

Special ARRL 222 MHz and Up Distance Contest Rules

1. Operating Period: 1800 UTC Saturday through 1759 UTC Sunday.
 - 1.1 All stations may operate the entire contest period.
2. Contacts
 - 2.1 Use any band from 222 MHz through 241 GHz and any mode.
 - 2.2 Stations may be contacted for contest credit once per band from any specific four-character grid locator.
 - 2.2.1 Rover stations using the same call sign may be worked from each four-character grid square in which they operate.
 - 2.2.2 If more than one contact on a given band is made between stations in specific four-digit grid locators, then the contact with the longest path distance will be counted.
 - 2.3 Any station may contact any other station.
3. Categories
 - 3.1 Single Operator, Fixed: A station operated at a single location by only one person. Only one transmitted signal per band is allowed at any given time.
 - 3.2 Rover: See the Rover Stations section 10.
 - 3.3 Multioperator, Fixed: A station operated at a single location by two or more persons. There are no Limited or Unlimited sub-categories.
 - 3.4 There are no power sub-categories for any category.
4. Contest Exchange - the required exchange consists of:
 - 4.1 6-character Maidenhead grid-square locator (www.arrl.org/grid-squares) at the time of the contact.
 - 4.2 A signal report is optional.
5. Scoring

Each contact counts for QSO points of distance multiplied by a Band Factor as follows:

 - 5.1 Distance:
 - 5.1.1 The distance in km between the center of the grid locators for each station.
 - 5.1.2 Stations located in the same grid locator are assigned a distance of 1 km.
 - 5.2 Band Factor:

Band	Band Factor
222 MHz	2
432 MHz	1
902 MHz	4
1296 MHz	2
2.3 GHz	6
3.4 GHz	10
5.7 GHz	10
10 GHz	6
24 GHz	20
47 GHz	20
75 GHz	20
123 GHz	20
134 GHz	20
241 GHz	20
 - 5.3 Final score:
 - 5.3.1 Total QSO Points from all contacts.
 - 5.3.2 Rovers submitting scores for the Club Competition must submit a second summary sheet reporting QSOs and score from any contacts made outside of the club

territory. Indicate clearly on the summary sheet and in the log if the entry is the complete entry or only that portion of a score to be counted for a specific club.

6. Operating Restrictions

- 6.1 There are no band change limits in any category.
- 6.2 Non-rover (fixed) stations may not change locations.
- 6.3 Fixed stations operated by remote control exchange the grid locator in which the transmitting and receiving equipment is located if different than that of the control operator.
- 6.4 Contacts with aeronautical mobile stations do not count.
- 6.5 Contacts made by EME (moonbounce) do not count.
- 6.6 Repeater input or output frequencies may not be used.

7. Awards

- 7.1 [Online certificates](#) will be available to all eligible participants. This includes:
 - 7.1.1 Top Single Operator, Fixed score in each Contest Region.
 - 7.1.2 Top Multioperator, Fixed score in each Contest Region where significant effort or competition exists.
 - 7.1.3 Top Rover score in each Contest Region
 - 7.1.4 Top Club score in each Contest Region
 - 7.1.5 Top Small Team score in each Contest Region
 - 7.1.6 Top Large Team score in each Contest Region

7.2 Contest Regions:

Region	Included Sections, Provinces, and Other Areas
1	WA - OR - VE7 - NT
2	ID - MT - VE6
3	CA - NV
4	UT - WY - CO
5	AZ - NM - WTX
6	ND - SD - VE4 - VE5
7	NE - KS - MO
8	NTX - STX - OK - AR - LA
9	IL - IN
10	MN - WI - IA
11	MI - OH - VE3 - NNY - WNY - WPA
12	KY - TN
13	MS - AL - GA - FL - SC
14	NC - VA - WV - MDC - DE
15	NJ - EPA - ENY - NLI
16	CT - MA - ME - NH - RI - VT - VE2
17	VE9 - VE1 - VY2 - VO
18	DX (Any other areas including Alaska (KL7), Hawaii (KH6), US Possessions, and Maritime Mobile stations

8. Team Competition (Also see ARRL Affiliated Club Competition rules)

- 8.1 The purpose of Team Competition is to encourage participation, particularly by amateurs new to contesting on the VHF+ bands.
- 8.2 Teams are made up of any combination of Single Operator, Fixed; Multioperator, Fixed; and Rover category participants operating within a single Contest Region.
- 8.3 Teams are classified as Small (two to five members) or Large (six to ten members).
- 8.4 Team members must be registered for a specific team prior to the start of the contest. Registration consists of a web upload or time-stamped email - containing a list of all

- participant call signs and the team's declared Contest Region. [Online Team Registration](#) will be available from 10 days before the contest, until 1 hour after the contest begins.
- 8.5 A participant may only be a member of one team. If more than one registration contains the same participant, the registration received last will be used to determine team membership.
- 8.6 To be a qualified member of a team, the member must make one valid contact with at least one other member of the same team. Rover members must make at least one contact from within the team's Contest Region.
- 8.7 The team score is the sum of scores from qualified members. Rover contribution is limited to that portion of the Rover's score achieved from within the team's region.
- 8.8 A team member's score may also be counted for a club total in the Club Competition.
9. Log Submission
- 9.1 Logs are due FOURTEEN (14) days after the event is over at 0259 UTC. All entries received or postmarked by the deadline are displayed on the [Logs Received](#) page.
10. Rover Stations
- 10.1. A rover is a station that moves among two or more grid squares during the course of a contest.
- 10.1.1. Rover vehicles may transport only one station using a single call sign except as in rule STTN.1
- 10.1.2. Rover vehicles must transport all equipment, power supplies, and antennas used at each operating site.
- 10.2. Rover Operators
- 10.2.1. Rovers are limited to no more than two operators.
- 10.2.2. Drivers may not also operate while driving. Drivers may be switched out during the event.
- 10.2.3. Single occupants of a rover are allowed to perform all rover functions.
- 10.2.4. Any number of observers are allowed but may not perform any rover function at any time.
- 10.3 Rover Operating Restrictions
- 10.3.1. There are no power sub-categories for rovers.
- 10.3.2. Rovers must sign "rover" on Phone and /R on CW and digital modes after their call sign.
- 10.3.3. Rovers are encouraged to adopt operating practices that allow as many stations as possible to contact them. (i.e. "captive rovers" that contact only one fixed station are discouraged.)
- 10.3.4. Rover operators may submit a separate entry as a Single Operator (fixed station) in addition to their rover entry.

Rules for Entry

Version 1.06 – 19 Jul 2023

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 are limited to one entry per contest. Rover operators may submit one separate entry as a Single Operator (fixed station) in addition to their rover entry.

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.5.2. In VHF+ contests, contacts with aeronautical mobile stations do not count for contest credit.

OPRG.5.3. In VHF+ contests, Maritime/Marine mobile stations will be listed separately as "Marine Mobile" in the listings and compete separately for awards.

OPRG.6. Not applicable in the 222 and Up Distance Contest.

OPRG.7. Only one transmitted signal per band is permitted at any time, not including signals for the purposes described in OPRG.8.

OPRG.8. Spotting Assistance in VHF+ contests

OPRG.8.1. All entrants, regardless of category, are permitted to use spotting assistance or nets including but not limited to DX-alerting nets, internet chat rooms, APRS and other packet, reverse beacon networks and repeaters to identify stations available for contacts and to announce (self-spot) their availability for contacts.

OPRG.8.2. Announcements shall be limited to call sign, location, band or frequency, mode and — if applicable — transmitting sequence and listening direction.

OPRG.8.3. These methods of spotting assistance may also be used to coordinate antenna peaking prior to initiation of the contact and to explain contest rules, such as the exchange required, for those who need clarification.

OPRG.8.4. Such assistance may not be used to facilitate the completion of any contact once the contact has commenced. This means 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.

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.

STTN.4. A station located precisely on a dividing line between grid squares must select only one as the location for exchange purposes. A different grid-square location cannot be given without moving the complete station (including antennas) at least 100 meters.

STTN.5. Above 300 GHz, contacts are permitted for contest credit only between licensed amateurs using mono-chromatic signal sources (for example, laser and LED) and employing at least one stage of electronic detection on receive. Laser usage is restricted to ANSI Z136 Class I, II, IIa, and IIIa (i.e.; output power is less than 5 mW).

STTN.6. While no minimum distance is specified for contacts, equipment should be capable of communications at a range of at least 1 km.

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. In HF contests, arranging, soliciting, or confirming any contacts during or after the contest by use of any non-amateur radio means such as telephone, text messaging, websites, email, or social media. In VHF+ contests, see rule OPRG.8. "Spotting Assistance in VHF+ Contests".

PROH.4. Spotting your own station ("self-spotting") or asking to be spotted by another station.

PROH.5. Misrepresenting contact times ("rubber clocking") to meet band change or off time rules.

PROH.6. Claiming excessive unverifiable contacts or multipliers ("log padding").

- PROH.7. Transmitting signals with excessive bandwidth (e.g., spurious emissions) or harmonics.
- PROH.8. Failure to identify transmissions in a timely manner (i.e., for longer periods than 1 minute).
- PROH.9. 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.

ELOG.5. Multioperator, Two Transmitter (M2) category logs must indicate which transmitter makes each contact in the log.

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 1.04 – 01 Jan 2021

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
50 MHz and 144 MHz bands:	200 watts PEP output or less
222 MHz and 432 MHz bands:	100 watts PEP output or less
902 MHz and above:	50 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 Assistance: Use of any operating arrangements involving other individuals, DX-alerting nets, packet, Internet, automated multi-channel decoders, chat rooms, etc. 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.)