

# ARRL International DX Contest Rules

## Introduction and How to Operate

**Contest Objective:** To encourage W/VE stations to expand knowledge of DX propagation on the HF and MF bands, improve operating skills, and improve station capability by creating a competition in which DX stations may only contact W/VE stations. One contest period is CW-only and one is Phone-only.

*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](#)):

**CW:** Third full weekend in February

**Phone:** First full weekend in March

**Contest Period:** Begins 0000 UTC Saturday and runs through 2359 UTC Sunday.

**Log Deadline:** Upload your log at [contest-log-submission.arrl.org](http://contest-log-submission.arrl.org) no later than **SEVEN (7)** days after the contest is over at 2359 UTC. Paper log forms are available on the [ARRL DX Contest](#) web page.

**Bands and Modes:** Use only the 1.8, 3.5, 7, 14, 21, and 28 MHz bands. Use only CW during the CW weekend and Phone during the Phone weekend.

**Categories:** Single Operator and Single Operator Unlimited entrants in any power category can also enter as All Band or Single Band. Multioperator stations may only enter as All Band. See the Special Rules and HF Categories sections for details.

**Contacts:** W/VE stations may only contact DX stations. DX stations may only contact W/VE stations. Hawaii (KH6), Alaska (KL7), St. Paul Is. (CY9), and Sable Is. (CYØ) stations participate as DX stations. Contact stations only once per band.

**Exchange:** W/VE stations send a signal report and their state or province. (See the [ARRL Contest Multipliers List](#) for a list of abbreviations.) DX stations send a signal report and power as a number or abbreviation.

This is a typical contest contact:

CQing Station: CQ test from W9JJ

Answering Station: RU1A

CQer: RU1A 59 Connecticut

Answer: 59 KW

CQer: Thanks, CQ test from W9JJ

Or

CQing Station: CQ TEST DE JA3YBK  
Answering Station: N2IC  
CQer: N2IC 599 500  
Answer: 599 NM  
CQer: TU JA3YBK

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 three (3) QSO points. Multiply total QSO points by the number of DXCC entities (W/VE stations) or states and provinces (DX stations) contacted to get your final score. Each multiplier counts once per band.

**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:**

[DXCC Entities List](#)

All contest queries should be directed to [contests@arrl.org](mailto:contests@arrl.org) or 860-594-0232.

## Special ARRL DX Rules

1. Operating Period: 0000 UTC Saturday through 2359 UTC Sunday.
  - 1.1 There are no operating time restrictions in any category.
2. Contacts
  - 2.1 Use only the 1.8, 3.5, 7, 14, 21, and 28 MHz bands.
  - 2.2 Contact each station only once per band.
  - 2.3 W/VE stations may only contact DX stations. DX stations may only contact W/VE stations. Hawaii (KH6), Alaska (KL7), St. Paul Is. (CY9), and Sable Is. (CYØ) stations participate as DX stations.
  - 2.4 Contacts count for contest credit only on CW during the CW weekend and only on Phone during the Phone weekend.
3. Categories
  - 3.1 See the HF Categories section for power sub-categories.
  - 3.2 Single Operator: All Band and Single Band
  - 3.3 Single Operator Unlimited: All Band and Single Band
  - 3.4 Multioperator: Single Transmitter, Two Transmitter, and Multi-Transmitter
4. Contest Exchange - the required exchange consists of:
  - 4.1 Signal report
  - 4.2 Location or Power
    - 4.2.1 W/VE stations send a signal report and their state or province. (See the [ARRL Contest Multipliers List](#) for a list of abbreviations.)
    - 4.2.2 DX stations send a signal report and power as a number or abbreviation.
5. Scoring
  - 5.1 QSO points: Each contact counts for three (3) points.
  - 5.2 Multipliers:
    - 5.2.1 Multipliers count once per band.
    - 5.2.2 W/VE stations count DXCC entities (except USA and Canada)
    - 5.2.3 DX stations count US states, the District of Columbia (DC), and Canadian Provinces and Territories plus Labrador (LB). (See the [ARRL Contest Multipliers List](#).) Note - although VO1 and VO2 are officially a single province, they are counted separately in this contest by reason of tradition.
      - 5.2.3.1 Hawaii (KH6) and Alaska (KL7) count as DXCC entities.
  - 5.3 Final score equals the total QSO points times the total multipliers contacted.
6. Operating Restrictions:
  - 6.1 Multioperator, Single Transmitter stations are limited to ten (10) band changes per clock hour; Multioperator, Two Transmitter stations are limited to six (6) band changes per clock hour per transmitter. Violation of this rule will result in the entry being reclassified in the Multioperator, Multitransmitter category.
  - 6.2 Call signs must indicate the DXCC entity of operation. For example, a KL7 station operating in Florida must use a call sign such as KL7AA/W4 and a US station operating in Puerto Rico must use KP4/W9JJ or the equivalent.
7. Awards
  - 7.1 [Online certificates](#) will be available to all eligible participants. This includes:
    - 7.1.1 Top Single Operator, All Band entries (QRP, Low Power, High Power) in each DXCC entity and ARRL/RAC section.
    - 7.1.2 Top Single Operator, Single Band entries (QRP, Low Power, High Power) in each ARRL/RAC section and each DXCC entity.

- 7.1.3 Top Single Operator Unlimited, All Band entries (QRP, Low Power, High Power) in each ARRL/RAC section and each DXCC entity.
- 7.1.4 Top Single Operator Unlimited, Single Band entries (QRP, Low Power, High Power) in each ARRL/RAC section and each DXCC entity.
- 7.1.5 Top Multioperator, Single Transmitter; Multioperator, Two-Transmitter; and Multioperator, Multitransmitter) entries in each DXCC entity, US call area, and in Canada
- 7.1.6 DX stations submitting an entry with more than 500 contacts on either mode.
- 7.1.7 Additional certificates will be awarded as appropriate.
- 7.2 Plaques (if sponsored) will be awarded to stations in the following categories for both the CW and Phone contests:
  - 7.2.1 Top W/VE Score in the following categories:
    - Single Operator, All Band (QRP, Low and High Power)
    - Single Operator, Single Band, (160-10m; QRP, Low and High Power)
    - Single Operator, Unlimited (QRP, Low and High Power)
    - Single Operator, Unlimited Single Band, (160-10m; QRP, Low and High Power)
    - Multioperator, Single Transmitter, Low Power
    - Multioperator, Single Transmitter, High Power
    - Multioperator, Two Transmitter
    - Multioperator, Multitransmitter
  - 7.2.2 Top Score in the Single Operator, All Band category, worldwide and on each continent.
  - 7.2.3 Top Score DX station worldwide and on each continent:
    - Single Operator, All Band (QRP, Low and High Power)
    - Single Operator, Single Band, (160-10m; QRP, Low and High Power)
    - Single Operator, Unlimited (QRP, Low and High Power)
    - Single Operator, Unlimited, Single Band, (160-10m; QRP, Low and High Power)
    - Multioperator, Single Transmitter, Low Power
    - Multioperator, Single Transmitter, High Power
    - Multioperator, Two Transmitter
    - Multioperator, Multitransmitter
  - 7.2.4 Additional Special Plaques will be awarded as sponsored.
  - 7.2.5 Entrants who qualify for unsponsored plaques may purchase them from the ARRL Contest Branch.
- 8. Log Submission
  - 8.1 Logs are due SEVEN (7) days after the event is over at 2359 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 DX CW Contest or DX Phone Contest.

# Categories for ARRL International DX Contest

Version 1.3 – 12 Nov 2021

## Entry Categories for ARRL DX

<b>Category Summary</b> <i>(See Special Rules of each contest for Mode-based Categories)</i>						
<b>Categories</b>	<b>QRP<sup>1</sup></b>	<b>Low Power (LP)<sup>2</sup></b>	<b>High Power (HP)<sup>3</sup></b>	<b>Band Change Restrictions</b>	<b>Spotting Assistance</b>	<b>Number of Simultaneous Signals<sup>4</sup></b>
Single Operator (SO)	Yes	Yes	Yes	None	No	One
Single Operator Unlimited (SOU)	Yes	Yes	Yes	None	Yes	One
Single Operator, Single Band (SOSB)	Yes	Yes	Yes	Not Applicable	No	One
Single Operator, Unlimited, Single Band (SOUSB)	Yes	Yes	Yes	Not Applicable	Yes	One
Multioperator, Single Transmitter (MS)	No	Yes	Yes	10 per clock hour	Yes	One
Multioperator, Two Transmitter (M2)	No	No	Yes	6 per clock hour for each transmitter	Yes	Two
Multioperator, Multitransmitter (MM)	No	No	Yes	None	Yes	One per Band
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.

4 — Multiple signals are not allowed on the same band, regardless of category or mode.

### HCAT.1. Single Operator (SO)

HCAT.1.1. Use of spotting assistance is not permitted, including self-spotting, and asking to be spotted by another station.

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.2. Single Operator Unlimited (SOU)

HCAT.2.1. Use of publicly available spotting assistance is permitted. Spotting information must be obtained from a public spotting network.

HCAT.2.1.1. Entrants are permitted to promote their activity using online and other non-amateur radio platforms including but not limited to the use of social media, video live streaming, and internet chat rooms.

HCAT.2.2. Only one transmitted signal is permitted at any time, not including transmissions on a spotting net or network.

HCAT.2.3. Power sub-categories include QRP, Low Power, and High Power.

HCAT.3. Single Operator Single-Band (SOSB) and Single Operator, Unlimited Single-Band (SOUSB)

HCAT.3.1. A participant may submit only one SOSB or SOUSB entry from a single call sign. If contacts are made on other bands, they must be included in the log.

HCAT.3.2. Assistance in Single Operator Single Band Categories

HCAT.3.2.1. In Single Operator Single-Band categories, the use of spotting networks is not permitted.

HCAT.3.2.2. In Single Operator, Unlimited Single-Band categories, the use of publicly available spotting assistance is permitted. Spotting information must be obtained from a public spotting network.

HCAT.3.2.3. In Single Operator, Unlimited Single-Band categories, entrants are permitted to promote their activity using online and other non-amateur radio platforms including but not limited to the use of social media, video live streaming, and internet chat rooms.

HCAT.3.3. Power sub-categories include QRP, Low Power, and High Power.

HCAT.3.4. Only contacts from the band of entry are counted towards the final score. Contacts from other bands will be used for log-checking but will not result in log-checking penalties.

HCAT.4. Multioperator

HCAT.4.1. Use of publicly available spotting assistance is permitted. Spotting information must be obtained from a public spotting network.

HCAT.4.1.1. Entrants are permitted to promote their activity using online and other non-amateur radio platforms including but not limited to the use of social media, video live streaming, and internet chat rooms.

HCAT.4.2. Multioperator, Single Transmitter (MS)

HCAT.4.2.1. Only one transmitted signal is allowed at any time.

HCAT.4.2.2. Stations are limited to a maximum of ten (10) band changes during any clock hour. Violation of this rule will result in the entry category being changed to Multioperator, Multitransmitter.

HCAT.4.2.3. Power sub-categories include Low Power and High Power.

HCAT.4.3. Multioperator, Two Transmitter (M2)

HCAT.4.3.1. Only two transmitted signals are allowed at any time and must be on different bands.

HCAT.4.3.2. Each transmitter is limited to a maximum of six (6) band changes in any clock hour. Unused band changes may not be transferred between transmitters.

Violation of this rule will result in the entry category being changed to Multioperator, Multitransmitter.

HCAT.4.3.3. Both transmitters may contact any station. A station may only be contacted once per band regardless of which transmitter is used.

HCAT.4.3.4. The submitted log must indicate which transmitter made each contact.

HCAT.4.4. Multioperator, Multitransmitter (MM)

HCAT.4.4.1. One transmitted signal is allowed per band at any time.

## Rules for Entry

Version 1.05 – 24 Aug 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. 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.

STTN.4. 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. Confirmation of 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.

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](http://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](http://www.b4h.net/cabforms).

ELOG.2. Electronic logs must be submitted via [contest-log-submission.arrrl.org](http://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 1.05 – 10 Feb 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.

**Single Operator, One Radio (SO1R):** A single radio is used to perform all transmitting and receiving functions.

**Single Operator, Two Radios (SO2R):** More than one radio is used to perform all transmitting and receiving functions. A maximum of two radios is allowed.

**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. Unless prohibited by a contest's Special Rules, self-spotting or asking to be spotted is allowed.

**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.)