

The Considerate Operator's Frequency Guide

A guide to where on the MF/HF bands various modes and activities are generally found. All frequencies are in MHz.

The following frequencies are generally recognized for certain modes or activities (all frequencies are in MHz).

Nothing in the rules recognizes a net's, group's or any individual's special privilege to any specific frequency. Section 97.101(b) of the Rules states that "Each station licensee and each control operator must cooperate in selecting transmitting channels and in making the most effective use of the amateur service frequencies. No frequency will be assigned for the exclusive use of any station." No one "owns" a frequency.

It's good practice — and plain old common sense — for any operator, regardless of mode, to check to see if the frequency is in use prior to engaging operating. If you are there first, other operators should make an effort to protect you from interference to the extent possible, given that 100% interference-free operation is an unrealistic expectation in today's congested bands.

Frequencies	Modes/Activities
1.800-2.000	CW
1.800-1.810	Digital
1.810	QRP CW calling frequency
1.843-2.000	SSB, SSTV and other wideband modes
1.910	SSB QRP
1.995-2.000	Experimental
1.999-2.000	Beacons
3.500-3.510	CW DX window
3.560	QRP CW calling frequency
3.570-3.600	RTTY/Data
3.585-3.600	Automatically controlled data stations
3.590	RTTY/Data DX
3.790-3.800	DX window
3.845	SSTV
3.885	AM calling frequency
3.985	QRP SSB calling frequency
7.030	QRP CW calling frequency
7.040	RTTY/Data DX
7.080-7.125	RTTY/Data
7.100-7.105	Automatically controlled data stations
7.171	SSTV
7.285	QRP SSB calling frequency
7.290	AM calling frequency
10.106	QRP CW calling frequency
10.130-10.140	RTTY/Data
10.140-10.150	Automatically controlled data stations
14.060	QRP CW calling frequency
14.070-14.095	RTTY/Data
14.095-14.0995	Automatically controlled data stations

Frequencies	Modes/Activities
14.100	IBP/NCDXF beacons
14.1005-14.112	Automatically controlled data stations
14.230	SSTV
14.285	QRP SSB calling frequency
14.286	AM calling frequency
18.100-18.105	RTTY /Data
18.105-18.110	Automatically controlled data stations
18.110	IBP/NCDXF beacons
21.060	QRP CW calling frequency
21.070-21.110	RTTY/Data
21.090-21.100	Automatically controlled data stations
21.150	IBP/NCDXF beacons
21.340	SSTV
21.385	QRP SSB calling frequency
24.920-24.925	RTTY/Data
24.925-24.930	Automatically controlled data stations
24.930	IBP/NCDXF beacons
28.060	QRP CW calling frequency
28.070-28.120	RTTY/Data
28.120-28.189	Automatically controlled data stations
28.190-28.225	Beacons
28.200	IBP/NCDXF beacons
28.385	QRP SSB calling frequency
28.680	SSTV
29.000-29.200	AM
29.300-29.510	Satellite downlinks
29.520-29.580	Repeater inputs
29.600	FM simplex
29.620-29.680	Repeater outputs