LF, MF og HF båndplan for norske radioamatører

LF: 135,7 -137,8 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 137,5 - 138,7 kHz **Status:** Sekundær **Max utgangseffekt:** 200 W Maksimal tillatt utstrålt effekt er 1 W e.i.r.p. **Max båndbredde:** 1 kHz
		No rigid bandplan is proposed for 135 -137 kHz	
135.7 - 136.0	200	CW, station tests, QRSS	
136.0 - 137.4	200	CW	
137.4 - 137.6	200	Digimode, except CW	
137.6 - 137.8	200	CW QRSS Centre of Activity 137.7 kHz	

MF: 493 - 510 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 493 - 510 kHz **Status:** Sekundær **Max utgangseffekt:** 100 W Det er kun tillatt å sende modulasjonstype A1A morse telegrafi.
493 -510		CW Calling frequency 500 kHz Centre of Activity 503 kHz	

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160 m: 1810 - 2000 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 1810 - 1850 kHz **Status:** Primær **Max PWR**: 1000 W **Max BW:** 6 kHz
1810 - 1838	200	CW	
1838 - 1840	500	All narrow band modes CW QRP Centre of Activity 1836 kHz	
1840 - 1843	2700	All modes, (1), digimode,	
1843 - 1850	2700	All modes, (1)	
1850 - 2000	2700	All modes, (1)	**Frekvensbånd:** 1850 - 2000 kHz **Status:** Sekundær **Max PWR:** 10 W Sendeeffekten skal være maksimalt 10 W i gjennomsnitt uavhengig av modulasjonstype. **Max BW:** 6 kHz

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80 m: 3500 - 3800 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 3500 - 3800 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
3500 - 3510	200	CW, priority for intercontinental operation	
3510 - 3560	200	CW, CW contest preferred QRS Centre of Activity 3555 kHz	
3560 - 3580	200	CW CW QRP Centre of Activity 3560 kHz	
3580 - 3590	500	All narrow band modes, digimode	
3590 - 3600	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
3600 - 3620	2700	All modes, (1), digimode, automatically controlled data station (unattended)	
3600 - 3650	2700	All modes, (1), ssb contest preferred Digital Voice (DV) Centre of Activity 3630 kHz	
3650 - 3700	2700	All modes SSB QRP Centre of Activity 3690 kHz	
3700 - 3775	2700	All modes, SSB contest preferred Image Centre of Activity 3735 kHz **Region 1 Emergency Centre of Activity 3760 kHz**	
3775 - 3800	2700	All modes, priority for intercontinental operation	

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60 m: 5260 - 5410 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 5260 -5410 kHz **Status:** Sekundær **Max utgangseffekt:** 100 W
5260 - 5305			
5305 - 5315		CW Centre of Activity 5310 kHz	
5315 - 5335			
5335 - 5340		QRP Centre of Activity 5335 kHz	
5340 - 5350			
5350 - 5360		Digimode Centre of Activity 5355 kHz	
5360 - 5375			
5375 - 5394		USB Centre of Activity 5375 kHz	
5394 - 5403,5			
5403,5 - 5406,5		USB International calling frequency 5403,5 kHz	
5406,5 - 5410			

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40 m: 7000 - 7200 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 7000 - 7200 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
7000 - 7025	200	CW Contest preferred	
7025 - 7040	200	CW CW QRP Centre of Activity 7030 kHz	
7040- 7047	500	All narrow band modes - digimodes	
7047 - 7050	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
7050 -7053	2700	All modes (1), digimode, automatically controlled data stations (unattended)	
7053 -7060	2700	All modes - digimodes	
7060 -7100	2700	All modes (1) Digital Voice (DV) Centre of Activity 7070 kHz SSB QRP Centre of Activity 7090 kHz	
7100 - 7130	2700	All modes (1) **Region 1 Emergency Centre of Activity 7110 kHz**	
7130 -7175	2700	All modes (1) Image Centre of Activity 7165 kHz SSB SSB contest preferred	
7175 - 7200	2700	All modes Priority for intercontinental operation	

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30 m: 10100 - 10150 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	
10100 - 10140	200	CW QRP Centre of Activity 10116 kHz	**Frekvensbånd:** 10100 - 10150 kHz **Status:** Sekundær **Max PWR:** 1000 W **Max BW:** 1 kHz
10140 - 10150	500	All narrow band modes, digimode	

20 m: 14000 - 14350 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 14000 - 14350 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
14000 - 14060	200	CW, CW contest preferred QRS Centre of Activity 14055 kHz	
14060 - 14070	200	CW QRP Centre of Activity 14060 kHz	
14070 - 14089	500	All narrow band modes, digimode	
14089 - 14099	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
14099 - 14101		IBP, exclusively for beacons	
14101 - 14112	2700	All modes, digimode, automatically controlled data stations (unattended)	
14112 - 14125	2700	All modes	
14125 - 14300	2700	All modes, SSB contest preferred Digital Voice (DV) Centre of Activity 14130 kHz Image Centre of Activity 14230 kHz SSB QRP Centre of Activity 14285 kHz.	
14300 - 14350	2700	All modes **Global Emergency Centre of Activity 14300 kHz**.	

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17 m: 18068 - 18168 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 18068 - 18168 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
18068 - 18095	200	CW CW QRP Centre of Activity 18086 kHz	
18095 - 18105	500	All narrow band modes, digimode	
18105 - 18109	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
18109 - 18111		IBP, exclusively for beacons	
18111 - 18120	2700	All modes, digimode, automatically controlled data stations (unattended)	
18120 - 18168	2700	All modes Digital Voice (DV) centre of activity 18130 kHz **Global Emergency Centre of Activity 18160 kHz**	

15 m: 21000 - 21450 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 21000 - 21450 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
21000 - 21070	200	CW QRS Centre of Activity 21055 kHz CW QRP Centre of Activity 21060 kHz	
21070 - 21090	500	All narrow band modes, digimode	
21090 - 21110	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
21110 - 21120	2700	All modes (excluding SSB), digimode, automatically controlled data stations (unattended)	
21120 - 21149	500	All narrow band modes	
21149 - 21151		IBP, exclusively for beacons	
21151 - 21450	2700	All modes Digital Voice (DV) Centre of Activity 21180 kHz SSB QRP Centre of Activity 21285 kHz Image Centre of Activity 21340 kHz **Global Emergency centre of activity 21360 kHz**	

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12 m: 24740 - 24990 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 24890 - 24990 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
24740 - 24890		*No rigid bandplan is proposed for 24740 - 24890 kHz*	
24890 - 24915	200	CW CW QRP Centre of Activity 24906 kHz	**Frekvensbånd:** 24890 - 24990 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 6 kHz
24915 - 24925	500	All narrow band modes, digimode	
24925 - 24929	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
24929 - 24931		IBP, exclusively for beacons	
24931 - 24940	2700	All modes, digimode, automatically controlled data stations (unattended)	
24940 - 24990	2700	All modes Digital Voice (DV) Centre of Activity 24960 kHz	

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10 m: 28000 - 29700 kHz			Norsk allokering:
FREQUENCY (kHz)	**MAX BANDWIDTH (Hz)**	**PREFERRED MODE**	**Frekvensbånd:** 28000 - 29700 kHz **Status:** Primær **Max utgangseffekt:** 1000 W **Max båndbredde:** 18 kHz
28000 - 28070	200	CW QRS Centre of Activity 28055 kHz CW QRP Centre of Activity 28060 kHz	
28070 - 28120	500	All narrow band modes, digimode	
28120 - 28150	500	All narrow band modes, digimode, automatically controlled data stations (unattended)	
28150 - 28190	500	All narrow band modes	
28190 - 28199		IBP, regional time shared beacons	
28199 - 28201		IBP, worldwide time shared beacons	
28201 - 28225		IBP, continuous duty beacons	
28225 - 28300	2700	All modes, beacons	
28300 -28320	2700	All modes, digimode, automatically controlled data stations (unattended)	
28320 - 29200	2700	All modes Digital Voice (DV) Centre of Activity 28330 kHz SSB QRP Centre of Activity 28360 kHz Image Centre of Activity 28680 kHz	
29200 - 29300	6000	All modes, digimode, automatically controlled data stations (unattended)	
29300 - 29510	6000	Satellite-downlink	
29510 – 29520		Guard channel	
29520 – 29550	6000	All modes, FM simplex – 10 kHz channels	
29560 – 29590	6000	All modes, FM repeater input (RH1 – RH4)	
29600	6000	All modes, FM calling channel	
29610 – 29650	6000	All modes, FM simplex – 10 kHz channels	
29660 - 29700	6000	All modes, FM repeater outputs (RH1 – RH4)	

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Notes

CW QSOs are accepted across all bands, except within beacon segments. (Recommendation DV05_C4_11)

Contest activity shall not take place on the 10, 18 and 24 MHz bands.

Non-contesting radio amateurs are recommended to use the contest-free HF bands (30, 17 and 12m) during the largest international contests. (DV05_C4_25)

The term “automatically controlled data stations” includes Store and Forward stations.

Transmitting frequencies:

The announced frequencies in the bandplan are understood as “transmitted frequencies” (not those of the suppressed carrier!)

Unmanned transmitting stations:

IARU member societies are requested to limit this activity on the HF bands.
It is recommended that any unmanned transmitting stations on HF shall only be activated under operator control except for beacons agreed with the IARU Region 1 beacon coordinator, or specially licensed experimental stations.

1.8 MHz band:

Those societies, which have a SSB allocation below 1840 kHz only, may continue to use it, but they are requested to take all necessary steps with their licence administrations to adjust the phone allocations in accordance with the Region 1 Bandplan.

3.5 MHz band:

Intercontinental operations should be given priority in the segments 3500-3510 kHz and 3775-3800 kHz.

Where no DX traffic is involved, the contest segments should not include 3500-3510 kHz or 3775-3800 kHz. Member societies will be permitted to set other (lower) limits for national contests (within these limits).

3510-3600 kHz may be used for unmanned ARDF beacons (CW A1A) (Recommendation DV05_C4_15)

Member societies should approach their national telecommunication authorities and ask them not to allocate frequencies to other than amateur stations in the band segment that IARU has assigned to intercontinental long distance traffic.

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7 MHz band:

The band segment 7035-7045 kHz may be used for automatically controlled data stations (unattended) traffic in the area of Africa south from the equator during local daylight hours.

10 MHz band:

SSB may be used during emergencies involving the immediate safety of life and property and only by stations actually involved in the handling of emergency traffic.

The band segment 10120 kHz to 10140 kHz may be used for SSB transmissions in the area of Africa south of the equator during local daylight hours.

News bulletins on any mode should not be transmitted on the 10 MHz band.

14 MHz band:

DX traffic should be given priority on 14195 kHz. (Davos 2005)

28 MHz band:

Member societies should advise operators not to transmit on frequencies between 29.3 and 29.51 MHz to avoid interference to amateur satellite downlinks.

Experimentation with NBFM Packet Radio on 29 MHz band:

Preferred operating frequencies on each 10 kHz from 29.210 to 29.290 MHz included should be used.
A deviation of ±2.5 kHz being used with 2.5 kHz as maximum modulation frequency.

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