

# HOURS OF SERVICE RULES

## 14-HOUR SHIFT LIMIT

DOT rules limit truckers to 14-hour shifts after a 10-hour rest. A new shift requires another 10-hour break, irrespective of driving time or tasks within the 14 hours.



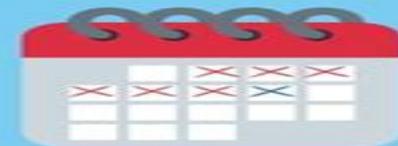
## 11-HOUR DRIVING LIMIT

Within a 14-hour shift, you can drive for 11 hours max, followed by a mandatory 10-hour break.



## 60/70-HOUR RULE

Weekly driving is capped at 60 hours over seven days or 70 hours over eight days, with a mandatory 34-hour break to reset the clock, allowing drivers to resume.



## SPLIT SLEEPER BERTH RULE

The split sleeper berth rule offers flexibility, allowing you to divide your 10-hour rest into 8/2 or 7/3 splits. Each split affects your 14-hour driving clock differently, providing added convenience for varied schedules and delays.



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# Hours Of Service Rules For Local Truck Drivers

**AW Rasmussen**



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