

Ham Radio Frequencies by License Class

United States (ITU Region 2) · Technician, General and Extra · Every frequency is the edge of a privilege

Legend: CW = Morse code · Phone = voice (SSB, AM or FM) · Data = digital modes such as FT8 and RTTY. Where a band is split, the lower part is for CW and data and the upper part is for voice. CW is legal anywhere you hold privileges, voice portions included.

HF, MF and LF — 2200 Meters Through 10 Meters

Band	Technician	General	Extra
2200 m 135.7–137.8 kHz	No privileges	135.7–137.8 kHz All modes · 1 W EIRP	135.7–137.8 kHz All modes · 1 W EIRP
630 m 472–479 kHz	No privileges	472–479 kHz All modes · 5 W EIRP	472–479 kHz All modes · 5 W EIRP
160 m 1.800–2.000 MHz	No privileges	1.800–2.000 MHz All modes, whole band	1.800–2.000 MHz All modes, whole band
80 / 75 m 3.500–4.000 MHz	3.525–3.600 MHz · CW ONLY 200 W · no data, no voice	3.525–3.600 MHz CW / data 3.800–4.000 MHz phone	3.500–3.600 MHz CW / data 3.600–4.000 MHz phone
60 m 5 MHz	No privileges	5351.5–5366.5 kHz · 9.15 W ERP + 4 channels at 100 W ERP Phone, CW, RTTY, data	5351.5–5366.5 kHz · 9.15 W ERP + 4 channels at 100 W ERP Phone, CW, RTTY, data
40 m 7.000–7.300 MHz	7.025–7.125 MHz · CW ONLY 200 W · no data, no voice	7.025–7.125 MHz CW / data 7.175–7.300 MHz phone	7.000–7.125 MHz CW / data 7.125–7.300 MHz phone
30 m 10.100–10.150 MHz	No privileges	10.100–10.150 MHz CW and data only · 200 W · no voice	10.100–10.150 MHz CW and data only · 200 W · no voice
20 m 14.000–14.350 MHz	No privileges	14.025–14.150 MHz CW / data 14.225–14.350 MHz phone	14.000–14.150 MHz CW / data 14.150–14.350 MHz phone
17 m 18.068–18.168 MHz	No privileges	18.068–18.110 MHz CW / data 18.110–18.168 MHz phone	18.068–18.110 MHz CW / data 18.110–18.168 MHz phone
15 m 21.000–21.450 MHz	21.025–21.200 MHz · CW ONLY 200 W · no data, no voice	21.025–21.200 MHz CW / data 21.275–21.450 MHz phone	21.000–21.200 MHz CW / data 21.200–21.450 MHz phone
12 m 24.890–24.990 MHz	No privileges	24.890–24.930 MHz CW / data 24.930–24.990 MHz phone	24.890–24.930 MHz CW / data 24.930–24.990 MHz phone
10 m 28.000–29.700 MHz	28.000–28.300 MHz CW / data 28.300–28.500 MHz SSB voice only 200 W · no AM or FM	28.000–28.300 MHz CW / data 28.300–29.700 MHz phone	28.000–28.300 MHz CW / data 28.300–29.700 MHz phone

VHF, UHF and Above — identical for all three classes

Band	Technician, General and Extra alike
6 m 50–54 MHz	50.000–54.000 MHz · CW only below 50.100 MHz, every mode above it
2 m 144–148 MHz	144.000–148.000 MHz · CW only below 144.100 MHz, every mode above it
1.25 m 222–225 MHz	222.000–225.000 MHz · All modes. Also 219–220 MHz, but only for fixed point-to-point digital message forwarding, 50 W max, with written notice to the ARRL 30 days before transmitting.
70 cm 420–450 MHz	420.000–450.000 MHz · All modes. No transmitting on 420–430 MHz north of Line A (near the Canadian border). Lower power limits near some military bases.
33 cm 902–928 MHz	902–928 MHz · All modes. No transmitting from the White Sands Missile Range area of Texas and New Mexico, 50 W max within 241 km of it, and four small segments off-limits in parts of Colorado and Wyoming.
23 cm 1240–1300 MHz	1240–1300 MHz · All modes
13 cm and up	2300–2310 and 2390–2450 MHz · 5.650–5.925 GHz · 10.0–10.5 GHz · 24.00–24.25 GHz · bands above 47 GHz · All modes

The Fine Print

Technician HF is mostly Morse code

On 80, 40 and 15 meters a Technician may send CW only. FT8, RTTY and other data modes are not allowed there, and neither is voice. The only HF data and voice privileges are on 10 meters: data and CW at 28.000–28.300 MHz and SSB voice at 28.300–28.500 MHz. 200 W PEP limit on all four Technician HF slices; not on VHF or UHF.

2200 and 630 meters

Notify the Utilities Technology Council (callsign, band, antenna coordinates) and wait 30 days. Never within 1 km of a power line carrying PLC signals on those frequencies. Fixed locations only. 1 W EIRP on 2200; 5 W EIRP on 630, or 1 W in Alaska within 800 km of Russia.

60 meters changed February 13, 2026

Continuous band 5351.5–5366.5 kHz at 9.15 W ERP. Four channels remain at 100 W ERP, centered on 5332.0, 5348.0, 5373.0 and 5405.0 kHz; on USB set the dial 1.5 kHz lower (5330.5, 5346.5, 5371.5, 5403.5). The old 5358.5 kHz channel is gone. 2.8 kHz max bandwidth. General and above, secondary.

30 meters and the 40-meter exception

30 m is CW and data only for everyone, 200 W. General and Extra may use voice at 7.075–7.100 MHz only west of 130° W or south of 20° N (Alaska, Hawaii, Puerto Rico, the U.S. Virgin Islands and the Pacific territories).