

Where You Can Transmit

US amateur bands by license class - Technician, General and Extra

Ham Radio for Non-Techies

hamradiofornontechies.com

Find your license class across the top, then read down. **“No privileges” means exactly that** - transmitting there is not a grey area, it is a violation. Power limits are peak envelope power unless the row says otherwise.

HF - the bands that go the distance

Band	Technician	General	Extra
2200 m 135.7-137.8 kHz	<i>No privileges</i>	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	<i>No privileges</i>	472-479 kHz All modes · 5 W EIRP	472-479 kHz All modes · 5 W EIRP
160 m 1.800-2.000 MHz	<i>No privileges</i>	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 and data only · 200 W	3.525-3.600 MHz <i>CW / data</i> 3.800-4.000 MHz <i>phone</i>	3.500-3.600 MHz <i>CW / data</i> 3.600-4.000 MHz <i>phone</i>
60 m 5 MHz	<i>No privileges</i>	5351.5-5366.5 kHz Phone, CW, data · 9.15 W ERP Plus four channels at 100 W ERP	5351.5-5366.5 kHz Phone, CW, data · 9.15 W ERP Plus four channels at 100 W ERP
40 m 7.000-7.300 MHz	7.025-7.125 MHz CW and data only · 200 W	7.025-7.125 MHz <i>CW / data</i> 7.175-7.300 MHz <i>phone</i>	7.000-7.125 MHz <i>CW / data</i> 7.125-7.300 MHz <i>phone</i>
30 m 10.100-10.150 MHz	<i>No privileges</i>	10.100-10.150 MHz CW and data only · 200 W No voice, for anyone	10.100-10.150 MHz CW and data only · 200 W No voice, for anyone
20 m 14.000-14.350 MHz	<i>No privileges</i>	14.025-14.150 MHz <i>CW / data</i> 14.225-14.350 MHz <i>phone</i>	14.000-14.150 MHz <i>CW / data</i> 14.150-14.350 MHz <i>phone</i>
17 m 18.068-18.168 MHz	<i>No privileges</i>	18.068-18.110 MHz <i>CW / data</i> 18.110-18.168 MHz <i>phone</i>	18.068-18.110 MHz <i>CW / data</i> 18.110-18.168 MHz <i>phone</i>
15 m 21.000-21.450 MHz	21.025-21.200 MHz CW and data only · 200 W	21.025-21.200 MHz <i>CW / data</i> 21.275-21.450 MHz <i>phone</i>	21.000-21.200 MHz <i>CW / data</i> 21.200-21.450 MHz <i>phone</i>
12 m 24.890-24.990 MHz	<i>No privileges</i>	24.890-24.930 MHz <i>CW / data</i> 24.930-24.990 MHz <i>phone</i>	24.890-24.930 MHz <i>CW / data</i> 24.930-24.990 MHz <i>phone</i>
10 m 28.000-29.700 MHz	28.000-28.300 MHz <i>CW / data</i> 28.300-28.500 MHz <i>phone</i> 200 W	28.000-28.300 MHz <i>CW / data</i> 28.300-29.700 MHz <i>phone</i>	28.000-28.300 MHz <i>CW / data</i> 28.300-29.700 MHz <i>phone</i>

VHF, UHF and up - the same for every class

Band	Technician, General and Extra alike
6 m	50.000-54.000 MHz CW only below 50.100 MHz, everything above it
2 m	144.000-148.000 MHz CW only below 144.100 MHz, everything above it
1.25 m	222.000-225.000 MHz All modes
70 cm	420.000-450.000 MHz All modes
33 cm	902-928 MHz All modes
23 cm	1240-1300 MHz All modes

The Things a Table Cannot Tell You

Six rules that decide whether the numbers on the front actually apply to you

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60 meters changed in 2026 On February 13, 2026 the old five-channel arrangement was replaced. There is now a continuous band at 5351.5-5366.5 kHz , limited to 9.15 watts ERP and 2.8 kHz of bandwidth. Four legacy channels survive at 100 watts ERP - 5332.0, 5348.0, 5373.0 and 5405.0 kHz . The old 5358.5 kHz channel is gone; it now sits inside the new band and takes the lower power limit with it. General and above only, and always secondary to other users.	30 meters has no voice at all Not for Generals, not for Extras, not for anyone. It is CW and data only, capped at 200 watts. It is also narrow - 50 kHz, about a sixth of 40 meters.
Technicians are capped at 200 watts on HF On the four HF slices a Technician holds - 80, 40, 15 and 10 meters - the limit is 200 watts , not the 1,500 watts allowed elsewhere. On VHF and UHF that cap does not apply.	2200 and 630 meters need permission first Before you transmit on either, you must notify the Utilities Technology Council with your callsign, the band and your antenna coordinates, then wait 30 days . You cannot operate within one kilometer of a power line carrying control signals on those frequencies, and both bands are fixed-location only. Power is measured as radiated power - 1 watt EIRP on 2200, 5 watts on 630.
One 40-meter exception you will probably never need There is a small voice segment at 7.075-7.100 MHz , but only for stations west of 130 degrees West longitude or south of 20 degrees North - in practice Alaska, Hawaii and the Pacific territories. If you are in the lower 48, it does not apply to you.	Two license classes are missing, and that is correct The FCC stopped issuing Novice and Advanced licenses in April 2000. Existing holders may renew indefinitely, so a few are still on the air, but nobody can earn one today. The three classes on the front are the ones you can actually test for.

Where these numbers come from. Every range on the front was read from 47 CFR Part 97 itself - the FCC rules - not copied from another chart. That matters more than it sounds: printed band charts are copied from each other constantly, and a single column sliding over by one turns into thousands of hams reading the wrong edge for years. If you spot something wrong here, say so at hamradiofornontechies.com and it gets fixed.