

Day Before	Into	Rule
Training	OFF	No duty time start restriction unless not FAR legal. Cannot report before 0000. TRN buffer will be taken into account.
OFF	Training	No duty time end restriction unless not FAR legal. Released by 2359. TRN buffer will be taken into account.
Any lost time event	OFF	No duty time start restriction unless not FAR legal. Cannot report before 0000.
OFF	Any lost time event	No duty time end restriction unless not FAR legal. Released by 2359.
AVL today with no trip – REL	OFF (tomorrow)	Report time at 0000.
AVL today with no trip – not REL	OFF (tomorrow)	Report time at 0945 until RAP expires – then 0000.
AVL today with no trip – still on RAP at time of trade transaction	OFF (tomorrow)	Report time at 0945.
AVL today with no trip – RAP expired at time of trade transaction	OFF (tomorrow)	Report time at 0000.
WRK today with trip	OFF (tomorrow)	Until actual times are recorded for this trip, 0945.  Once actual times are recorded, 0000 as long as FAR legal.
OFF	WRK (trip or no trip)	Must be released by 1800 on the OFF day.

The trip needs to be contained within OFF days – cannot touch a TRN day.

ETB and ISAP rest is FAR+30 minimum.

- ETB Exception: If all actual times have been recorded for the trip coming in, can reduce to FAR minimum rest.

Future OFF day will always be governed by original rules of 0945 and 1800.