1. **Eligibility:** Any Amateur Radio licensee may enter.

2. **Object:** For North American stations to contact as many radio amateurs as possible. For non-North American stations to contact as many North American stations as possible.

3. **Entry Classification:** High Power (up to 1,500 W), Low Power (up to 100 W) and QRP (up to 5 W). Single-Operator only. Use of spotting information obtained directly or indirectly from any source other than the station operator, such as from other stations or automated tools, is prohibited.

4. **Contest Periods:**
   - **February/March Contests**
     CW: 0000 until 0400 UTC, February 2, 2020
     RTTY: 0000 until 0400 UTC, March 15, 2020
   - **September Contests**
     CW: 0000 until 0359 UTC, September 13, 2020
     RTTY: 0000 until 0359 UTC, September 20, 2020

   These four contests are entirely separate from any other contests.

5. **Mode:** CW only in CW Sprints, RTTY only in RTTY Sprints.

6. **Bands:** 80, 40, and 20 meters only. Suggested frequencies are around 3,540, 7,040 and 14,040 kHz on CW, and 3,580, 7,080 and 14,080 kHz on RTTY. You may work the same station once per band.

7. **Exchange:** To have a valid exchange, you must send all of the following information: The station's call sign, your call sign, a sequential serial number, your name, and your location (state, province, or country). You may send this information in any order. For example:

   N6TR K7GM NR 122 TREE OR N6TR K

8. **Valid Contact:** A valid contact consists of a complete, correctly copied, and logged two-way exchange between a North American station and another station. Proper logging requires including the time of each contact. Serial numbers must begin with 1 and be sequential thereafter.

9. **North American Station:** Defined as any station located in the United States, the District of Columbia, the 13 Canadian provinces/territories (British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland-Labrador, Yukon, Northwest Territories, and Nunavut), and other North American countries to get final score (do not count US and Canada as countries). Non-North American countries do not count as multipliers but do count for contact credit for North American stations (with the exception of KH6, which counts as a state).

10. **Scoring:** Multiply total valid contacts by the sum of the US states, the District of Columbia, the 13 Canadian provinces/territories (British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland-Labrador, Yukon, Northwest Territories, and Nunavut), and other North American stations (with the exception of KH6, which counts as a state).

11. **Special QSY Rule:** If any station solicits a call (e.g., by sending “CQ,” “QRZ?” “going up 5 kHz” or any other means of soliciting a response, including completion of a contact where the frequency was inherited), that station is permitted to work only one station in response to that solicitation. The station must thereafter move at least 1 kHz before calling another station, or at least 5 kHz before soliciting other calls. Once a station is required to QSY, that station is not allowed to make another contact on the vacated frequency until or unless at least one subsequent contact is made on a new frequency.

12. **Additional Rules:** Simultaneous transmission on more than one frequency is prohibited. All contacts must be sent and received using means that require real-time human intervention, detection, and initiation. Each operator must use only one call sign during the contest.

13. **Log Formatting:** All logs must be submitted electronically (web upload). The file format for electronic logs for NCJ-sponsored contests is Cabrillo. Contact the respective contest manager if you have difficulty submitting your log. Your log for the contest will not be considered if you do not use computer logging.

14. **Log Submission:** Entries must be received no later than 7 days after the contest. Methods of log submission in order of preference are:
   - b. Mail log (Cabrillo-formatted ASCII text): CW: cwsprint@ncjweb.com
      RTTY: rttysprint@ncjweb.com
   - c. Manually convert paper log to Cabrillo log using one of the following tools:
      - CW: www.b4h.net/cab-forms/nasprintcw_cab.php
      - RTTY: www.b4h.net/cab-forms/nasprintrtty_cab.php

15. **Team Competition:** Team competition is limited to a maximum of five operators as a single entry unit. Groups having more than five team members may submit more than one team entry. To qualify as a team entry, the team registration form on the NCJ website must be completed before the contest starts:
   - CW team registration: http://ncjweb.com/cwsprintteamreg/
   - RTTY team registration: http://ncjweb.com/rttysprintteamreg/

16. **Penalties and Disqualification:** Contacts with incorrect received information will be removed. Contacts not found in the other station's log will be removed with a one-contact penalty. Entries with score reductions in excess of 5% may be disqualified. Any entry also may be disqualified for illegibility or for illegal or unethical operation.

17. **Certificates:** The Sprint contests will have downloadable certificates available after the contest. See www.ncjweb.com for full details.

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**Table 1 — The 2020 Sprint Calendar**

<table>
<thead>
<tr>
<th>Mode</th>
<th>Dates</th>
<th>Logs Due</th>
<th>Log Submittal</th>
</tr>
</thead>
<tbody>
<tr>
<td>CW</td>
<td>0000-0400 UTC, Feb 2</td>
<td>February 10</td>
<td>NCJ Web site: <a href="http://www.ncjweb.com/sprintlogsubmit.php">www.ncjweb.com/sprintlogsubmit.php</a></td>
</tr>
<tr>
<td></td>
<td>0000-0400 UTC, Sep 13</td>
<td>September 21</td>
<td>Alternative submission methods: See Rule 14 in text.</td>
</tr>
<tr>
<td>RTTY</td>
<td>0000-0400 UTC, Mar 15</td>
<td>March 23</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0000-0400 UTC, Sep 20</td>
<td>September 28</td>
<td></td>
</tr>
</tbody>
</table>