Cross-border hours-of-service requirements

**FAQ005: What is the maximum driving time a CMV driver of property may drive in the United States?**

**Answer:**  11 hours in a 14-consecutive hour duty period after having 10-consecutive hours off duty. (49 CFR § 395.3(a)(3))

Rest breaks during 14-consecutive hour duty period: Driving is not permitted if more than 8 hours have passed since the end of the driver’s last off-duty or sleeper-berth period of at least 30 minutes.