

# Rules and Regulations

- Max 10 flight hours/day
- Min 16h of rest between the last flight of a day and the first flight of the next day
- Max 40 flight hours within an arbitrary 7 days period
- Min 24h time off (uninterrupted) at home base within an arbitrary 7 days period

Can be exceeded by max 2h

Holds only if night rest is extended by 2\*extension. If rest period in night before was longer than 16h, up to 1h can assigned to the night rest, with:

$\min\{\text{extra night rest before}/3, 1\}$

Can be exceeded by max 10h

Holds only if...

$\min\{\text{extra night rest}/3\} = 13$

$\min\{\frac{6h}{3}, 1h\} = \min\{2h, 1h\} = 1h$

