

Category B14 – Maximum Duty Period 15 hours

Flight leg 11:30 or more	Two hours onboard crew rest	Minimum scheduled rest L/O: 12 hours
--------------------------	-----------------------------	--------------------------------------

Category LOU 18 – Maximum Duty Period 16h15

Duty period under 15 hours	Minimum of 2.5 hours on board crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 15 hours or more	4 hours on board crew rest	

Category LOU 22A – Duty Scheduled Period 16h16 to 18 hours

Duty period 16h16 to 17h10	4 hours onboard crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 17h11 to 1800 hours	4.5 hours on board crew rest	

Category LOU 22B - Duty Scheduled Period 18h01 to 19h30

Duty period 18h01 to 18h45	5 hours onboard crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 18h46 to 19h30	5.5 hours on board crew rest	