

M.A. Center 30 Minute Break Rule

According to FMCSA regulation and M.A. Center policy, drivers may drive a CMV only if 8 hours or less have passed since the end of the driver's last off-duty or sleeper-berth period of at least 30 minutes.

Driver's Acknowledgement of 30 Minute Break Rule

I _____ understand and agree to comply with the 30 minute break rule as explained above and described in FMCSA regulations.

Driver signature _____

Date _____