

# The 2026 CQ World Wide VHF Contest

SSB/CW/FM: July 4-5

Digital: July 18-19

Starts 14:00:00 UTC Saturday

Ends 14:00:00 UTC Sunday

## I. OBJECTIVE

The objectives of this contest are for amateurs around the world to contact as many amateurs as possible in the contest period, to promote VHF, to allow VHF operators the opportunity to experience the enhanced propagation available at this time of year, and for interested amateurs to collect VHF Maidenhead grid locators for award credits.

## II. BANDS

All amateur radio frequencies on 50 MHz (6 meters) and 144 MHz (2 meters) may be used as authorized by local law and license class. Work stations **once per band**.

## III. MODES

Only analog modes (SSB/CW/FM) during the SSB/CW weekend.

Only digital modes (FT4, FT8, MSK144, Q65, etc) during the Digital weekend.

## IV. CONTEST EXCHANGE

Callsign and Maidenhead grid locator (4 characters, e.g., EM15). Signal reports are not required and should not be included in the log entry.

## V. Multipliers

The multiplier is the number of different grid locators worked per band. A grid locator is counted once per band. Exception: The Rover who moves into a new grid locator may count the same grid locator more than once per band as long as the Rover is in a new grid locator location. Such change in location must be clearly indicated in the rover's log.

1. A Rover station becomes a new QSO to the stations working him or her when that rover changes grid locator.
2. The grid locator is the four-character Maidenhead grid (e.g. EM15).

## VI. Scoring

One (1) point per QSO on 50 MHz and two (2) points per QSO on 144 MHz. Multiply total QSO points times total number of grid locators (GL) worked.

**Rovers:** For each new grid locator visited, contacts and grid locators count as new. Final Rover score is the sum of contact points made from each grid locator times the sum of all grid locators (GL) worked.

**Example 1.** K1GX works stations as follows:

50 QSOs ( $50 \times 1 = 50$ ) and 25 GLs (25 multipliers) on 50 MHz  
35 QSOs ( $35 \times 2 = 70$ ) and 8 GLs (8 multipliers) on 144 MHz

K1GX has 120 QSO points ( $50 + 70 = 120$ )  $\times$  33 multipliers  
( $25 + 8 = 33$ ) = 3,960 total points.

**Example 2.** AC0RA/R works stations as follows:

From EN52: 50 QSOs ( $50 \times 1 = 50$ ) and 25 GLs (25 multipliers) on 50 MHz  
From EN52: 40 QSOs ( $40 \times 2 = 80$ ) and 10 GLs (10 multipliers) on 144 MHz  
From EN51: 60 QSOs ( $60 \times 1 = 60$ ) and 30 GLs (30 multipliers) on 50 MHz  
From EN51: 20 QSOs ( $20 \times 2 = 40$ ) and 5 GLs (5 multipliers) on 144 MHz

AC0RA/R has 230 QSO points ( $50 + 80 + 60 + 40 = 230$ )  $\times$  70 multipliers  
( $25 + 10 + 30 + 5 = 70$ ) = 16,100 total points

## VII. ENTRY CATEGORIES

For all categories (except Rover): Transmitters and receivers must be located within a 500-meter diameter circle. Antennas must be physically connected by RF transmission lines to the transmitters and receivers. Stations in any category, except Rover, shall operate from a single location, home or portable. All entry categories may transmit on 6 meters and 2 meters simultaneously. Only one transmit signal per band is allowed.

1. **Single Operator:** One person (the operator) performs all operating and logging functions.
  - a. **High Power (All Band or Single Band):** Total output power must not exceed 1500 watts.
  - b. **Low Power (All Band or Single Band):** Total output power must not exceed 100 watts.
  - c. **QRP (All Band or Single Band):** Total output power must not exceed 10 watts.

2. **Hilltopper.** This is a single-op portable category for an all-band entry limited in time to a maximum of 6 continuous hours. Backpackers and portables who do not want to devote resources and time to the full contest period are encouraged to participate, especially to activate rare grids. Any power source is acceptable. Total output power must not exceed 100 watts.
3. **Rover.** A Rover station is one manned by no more than two operators, travels to more than one grid location, and signs "Rover" or "/R" with no more than one callsign.
4. **Multi-Op.** A multi-op station is one with two or more operators. Only one signal per band is allowed.

## VI. ASSISTANCE

1. All entrants, regardless of category, are permitted to use spotting assistance or nets including but not limited to DX-alerting nets, internet chat rooms, APRS and other packet, reverse beacon networks and repeaters to identify stations available for contacts and to announce their availability for contacts.
2. Such assistance may NOT be used to convey receipt or non-receipt of any required element of a contact or to request a repeat of any required element of a contact **during a QSO**. It is acceptable to use assistance to let your QSO partner that you have successfully received all required information to complete a valid QSO (eg: Telling a partner in an MSK144 QSO that you have received his RRR or RR73 transmission).
3. Rovers may use APRS or other assistance methods to announce their location and frequency.

## IX. Awards

Electronic certificates will be made available for download for everyone that submits an entry. Plaques will be awarded to the highest scoring stations where sponsored. They are offered in various categories on a sponsored basis. Clubs and individual plaque donors are sought and may find information on how to sponsor a CQWW VHF Contest plaque at <<https://cqww-vhf.com/plaques.htm>>.

## X. Club Competition

The club score is the total aggregate score from logs submitted by members and includes scores from both the SSB/CW and Digital contests. There are two separate club competition categories.

1. **USA Clubs:** Participation is limited to club members residing within a 250 mile radius circle from the center of club area.
2. **DX Clubs:** Participation is limited to club members residing within EITHER the DXCC country where the club is located OR within a 400 km radius circle from the center of club.

The word "reside" shall be defined as: To dwell permanently or continuously or to occupy a place as a person's fixed, permanent, and principal home for legal purposes.

### General club rules:

1. National organizations (e.g., JARL, REF or DARC) are not eligible for the club competition.
2. Spell out the full name of the club. See examples of active club names at <<https://cqww-vhf.com/clubnames.htm>>.
3. Single-operator entries may only contribute to one club. Multi-operator scores may be allocated to multiple clubs as a percentage of the number of club members participating in the operation. The log entry must spell out the full club name (and club allocations if multi-op).
4. A minimum of three logs must be received for a club to be listed in the results. Checklog entries are not counted for the club score.

## XI. Miscellaneous

1. An operator may sign only one callsign during the contest. This means that an operator cannot generate QSOs by first signing his callsign, then signing his daughter's callsign, even though both callsigns are assigned to the same location.
2. A station located exactly on a dividing line of a grid locator must choose only one grid locator from which to operate for exchange purposes.
3. A different multiplier cannot be given out without moving the complete station at least 100 meters.
4. Use of commonly recognized repeater frequencies is prohibited. Recognized FM simplex frequencies such as 146.49, .52, .55, and .58, and local-option simplex channels may be used for contest purposes.
5. Repeater and satellite QSOs are not valid for contest credit.
6. Aeronautical mobile contacts do not count.
7. UTC is the required logging time.

## XII. Log Submissions

1. Log entries must be submitted by **July 10, 2026** for the SSB/CW/FM contest and **July 24, 2026** for the Digital contest to be eligible for awards.
2. An extension may be requested by e-mail to <[director@cqww-vhf.com](mailto:director@cqww-vhf.com)>. The request must state a legitimate reason and must be received before the log deadline. Extensions are granted only upon confirmation by the Contest Director.
3. Logs submitted after the deadline may be listed in the results, but are not eligible for awards.
4. **The CABRILLO file format is the standard for logs.** See <<https://cqww-vhf.com/cabrillo.htm>> for detailed instructions on filling out the CABRILLO file header. Note: U.S. stations must indicate the station location in the CABRILLO header (e.g., LOCATION: OH).
5. Valid entries in the *mode* field of **QSO**: lines
  - a. SSB/CW contest: **CW, FM or PH**
  - b. Digital contest: **DG**
6. **Web upload of Cabrillo log files is the only method of log submission.** Web upload is available at <<https://cqww-vhf.com/logcheck/>>.
7. An ADIF Converter is provided for convenience and, at present, is suitable only for FIXED station logs. It is available at <<https://cqww-vhf.com/adif/>>.
8. **Entry Confirmation:** All logs received will be confirmed via email. A listing of logs received can be viewed at <<https://cqww-vhf.com>>.

## XIII. Declaration

Your submission of a log entry affirms that: (1) you have abided by all the rules of the contest as well as those of your country's licensing authority; (2) you accept any decisions made regarding your entry by the contest's adjudication process which are official and final.

Questions pertaining to the CQ WW VHF Contest rules may be sent to <[questions@cqww-vhf.com](mailto:questions@cqww-vhf.com)>.