

FOUR FINGER RULE



4 Finger Rule

THE TIME YOU SAY WHEN YOU HIT
THE 4TH FINGER, IS THE TIME YOU
WILL BREAK HOURS OF SERVICE...OR
IN OTHER WORDS, TURN INTO A 🎃

(SEE NEXT PAGE
FOR EXAMPLES)

FOUR FINGER RULE

16 HOURS IS THE MOST YOU CAN WORK IN A DAY

EXAMPLE 1:

- If a driver signed on at 10:00 AM on Monday, 7/27/2026, at what time would they break hours of service?

10:00 AM – 10:00 PM = 12 HOURS (16 HRS-12 HRS =4 FINGER RULE)



ANSWER: 2:00 AM

BONUS QUESTION: WHAT IS THE NEXT EARLIEST TIME THE DRIVER CAN SIGN ON? 10:00 AM

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EXAMPLE 2:

- If a driver signed on at 5:00 PM on Saturday, 9/19/2026, at what time would they break hours of service?

5:00 PM – 5:00 AM = 12 HOURS (16 HRS-12 HRS =4 FINGER RULE)



ANSWER: 9:00 AM

BONUS QUESTION: WHAT IS THE NEXT EARLIEST TIME THE DRIVER CAN SIGN ON? 5:00 PM

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EXAMPLE 3:

- If a driver signed on at 1:00 AM on HOLIDAY, 12/25/2026, at what time would they break hours of service?

1:00 AM – 1:00 PM = 12 HOURS (16 HRS-12 HRS =4 FINGER RULE)



ANSWER: 5:00 PM

BONUS QUESTION: WHAT IS THE NEXT EARLIEST TIME THE DRIVER CAN SIGN ON? 1:00 AM

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EXAMPLE 4:

- If a driver signed on at 3:00 AM on Friday, 10/16/2026, and they had a four-hour break in the middle of the day, at what time would they break hours of service?

3:00 AM – 3:00 PM = 12 HOURS (16 HRS-12 HRS =4 FINGER RULE)



ANSWER: 7:00 PM

BONUS QUESTION: WHAT IS THE NEXT EARLIEST TIME THE DRIVER CAN SIGN ON? 3:00 AM