**RULE 39-**

**BOOKING REST**

Extra trainmen who desire will not be required to go out when they need rest and wi1l decide for themselves, except that such extra trainmen may request rest only at the home terminal and in components of even hours, i.e.. either eight or ten hours. In no case shall extra trainmen be permitted to request rest in odd components and never to exceed ten hours. Rest will be booked at time of tie‑up.

When a train crew has been on duty over eight hours, one member may tie up the crew for eight hours' rest at a terminal, and two members for ten hours' rest at a terminal. Crew includes conductor and brakemen. Time booked for rest means from tie‑up time until time on duty for a succeeding trip and does not contemplate so‑called "undisturbed rest.'' Rest will be booked at time of tie‑up. Crew booking rest at home terminal will not be called to deadhead during rest period.