

22.103-1 Definition.

Normal workweek, as used in this subpart, means, generally, a workweek of 40 hours. Outside the *United States* and its *outlying areas*, a workweek longer than 40 hours is considered normal if-

- (1) The workweek does not exceed the norm for the area, as determined by local custom, tradition, or law; and
- (2) The hours worked in excess of 40 in the workweek are not compensated at a premium rate of pay.

Parent topic: [22.103 Overtime.](#)