Bay Area Express Lanes have the following rules for where you can get in and out of the lane.

- You can cross dashed lines separating express lanes from regular traffic.
- You cannot cross double white lines. It is a traffic violation.
- In areas of restricted access, median barrier signs tell you in advance where to exit express lanes to reach different highway exits. Pay attention so you can get out of the lane at the right time.

**Restricted Access**

You have only a few places to get in and out of this type of express lane. The rest of the lane is separated from regular traffic, and access to freeway exits may be limited.

** Mostly Open Access**

You can get in and out at many places in this type of express lane, but some of the lane is separated from regular traffic, and access to freeway exits may be limited in some locations.

**Open Access**

You can get in and out of this type of express lane anywhere, just like existing carpool lanes, with no limits on your access to freeway exits.

**Entry and Exit Lanes**

Entry and Exit lanes provide extra space between the express lane and regular lane to aid merging. Some guide cars into the express lanes, some guide cars out of the express lanes, and some facilitate both movements.