



## A B S T R A C T

The invention relates to a method of changing the encoding level of digital data transmitted between a transmitter and a receiver at a constant rate, said encoding level being determined as a function of the quality of the signal received by said receiver, an encoding level of rank 0 being defined as providing the highest degree of protection for said transmitted data and an encoding level of rank  $n-1$  as providing a lowest degree of protection to said transmitted data. According to the invention, the method consists, during a fixed time of non-zero length, in preventing a changeover from an encoding level of rank  $n$ , where  $0 \leq m < n-1$ , to an encoding level of rank  $m+q$ , where  $0 < m+q \leq n-1$ , and where  $q$  is positive, after said received signal quality corresponds to encoding at the level  $m+q$ .