

ABSTRACT

This application relates to a communication method and a communication apparatus, and may be applied to a UWB-based wireless personal area network system. The communication apparatus supports the 802.15 series protocols and the 802.11 series protocols. The communication method includes: sending a first poll frame, where the first poll frame is for triggering ranging measurement in a first range-measurement cycle, the first poll frame further indicates a first parameter set that takes effect in the first range-measurement cycle, and the first parameter set includes one or more of the following parameters: a first narrowband physical layer PHY parameter, a first narrowband channel allow list, a first ranging block structure parameter, or a first ultra-wideband UWB multi-millisecond MMS ranging configuration parameter; and receiving a response frame of the first poll frame. According to this application, an initiator uses a poll frame to indicate a parameter set that takes effect in a current range-measurement cycle. Compared with a conventional manner of setting a ranging session configuration parameter that takes effect in a plurality of range-measurement cycles, this application helps set a ranging session configuration parameter more applicable to the current range-measurement cycle.