

8. The method of claim 4, wherein the control signals comprise an adjustment to a duration of the access window.

9. The method of claim 4, further comprising receiving polling packets from the subset of the list of the allowed stations, and wherein the control signals are generated in accordance with the polling packets received.

10. A method for exchanging data, the method comprising:

receiving, by a station, a usage indicator for an access window, the usage indicator including a first indication of if an allowed station in a list of allowed stations needs to receive information about their resource allocation and at least one of a second indication of a starting time of the access

window, and a third indication of a-the list of allowed stations;

determining, by the station, if the station is in the list of allowed stations; and

exchanging, by the station, data with an access point within the access window in accordance with the usage indicator if the station is in the list of allowed stations.

11. The method of claim 10, wherein the usage indicator is received in a first management packet.

12. The method of claim 10, wherein the station is in the list of allowed stations, wherein the first indication indicates that the allowed stations do need to receive information about their resource allocations, wherein the method further comprises receiving control signals for a data exchange between the station and the access point, and wherein exchanging the data with the access point within the access window comprises:

determining a first data exchange time in accordance with the control signals; and

exchanging the data with the access point at the first data exchange time.

13. The method of claim 12, wherein the control signals are received in a second management packet.

14. The method of claim 12, wherein the control signals comprise a starting time for the data exchange between the station and the access point.

22. The access point of claim 21, wherein the transmitter is configured to transmit the second management packet at a start of the access window.

23. A station comprising:

a receiver configured to receive a usage indicator for an access window, the usage indicator including a first indication of if an allowed station in a list of allowed stations needs to receive information about its resource allocation and at least one of a second indication of a starting time of the access window, and a third indication of a the list of allowed stations; and

a processor operatively coupled to the receiver, the processor configured to determine if the station is in the list of allowed stations, and to exchange data with an access point within the access window in accordance with the usage indicator if the station is in the list of allowed stations.

24. The station of claim 23, wherein the receiver is configured to receive the usage indicator in a first management frame.

25. The station of claim 23, wherein the station is in the list of allowed stations, wherein the first indication indicates that the allowed stations do need to receive information about its resource allocation, wherein the receiver is configured to receive control signals for a data exchange between the station and the access point.

26. The station of claim 25, wherein the processor is configured to determine a first data exchange time in accordance with the control signals, and to exchange the data with the access point at the first data exchange time.

27. The station of claim 23, wherein the station is in the list of allowed stations, wherein the first indication indicates that the allowed stations do not need to receive information about their resource allocations, and wherein the processor is configured to determine a second data exchange time in accordance with a specified rule, and to exchange the data with the access point at the second data exchange time.

28. A method for operating an access point of an IEEE 802.11 compliant communications system, the method comprising:

specifying, by the access point, a restricted access window for a RAW Group of stations