CLAIMS

1. A communication method, applied to a first communication device, wherein the method comprises:

transmitting a first radio frame to a second communication device, wherein the first radio frame is used to request the first communication device to enter a target mode; and

receiving, after the first communication device enters the target mode, a data frame transmitted by the second communication device, wherein the data frame conforms to a specified rule; and

the specified rule comprises: the data frame is a data frame that is acknowledged by the first communication device and allowed to be transmitted; and/or, the data frame is a data frame related to a specified target parameter.

2. The method according to claim 1, wherein the first radio frame further comprises first indication information indicating a first time period; and

the receiving, after the first communication device enters the target mode, the data frame transmitted by the second communication device comprises:

receiving, after the first communication device enters the target mode and in the first time period, the data frame that is transmitted by the second communication device and that conforms to the specified rule.

3. The method according to claim 2, wherein the first communication device is a multi-link communication device, and the first communication device is capable of using M links after entering the target mode, wherein M is an integer greater than or equal to 1; and

the first indication information specifically indicates the first time periods respectively corresponding to the M links.

4. The method according to claim 1, wherein when the data frame is the data frame that is acknowledged by the first communication device and allowed to be transmitted, before receiving the data frame transmitted by the second communication device, the method further comprises:

receiving a third radio frame transmitted by the second communication device, wherein the third radio frame is used to request to transmit the data frame; and

transmitting a fourth radio frame to the second communication device, wherein the fourth radio frame indicates that the data frame is allowed to be transmitted.

5. The method according to any one of claims 1 to 4, wherein the first radio frame further comprises second indication information, and the second indication information indicates the specified rule.

6. The method according to any one of claims 1 to 5, wherein the target parameter comprises one or any combination of the following parameters: a maximum quantity of spatial streams, a minimum quantity of spatial streams, a maximum modulation and coding set (MCS), a minimum MCS, a maximum bandwidth, a maximum presentation protocol data unit (PPDU) duration, a maximum data frame length, or dual carrier modulation.

7. A communication method, applied to a second communication device, wherein the method comprises:

receiving a first radio frame transmitted by a first communication device, wherein the first radio frame is used to request the first communication device to enter a target mode; and

transmitting a data frame to the first communication device after the first communication device enters the target mode, wherein the data frame conforms to a specified rule; and

the specified rule comprises: the data frame is a data frame that is acknowledged by the first communication device and allowed to be transmitted; and/or, the data frame is a data frame related to a specified target parameter.

8. The method according to claim 7, wherein the first radio frame further comprises first indication information indicating a first time period; and

the transmitting the data frame to the first communication device after the first communication device enters the target mode comprises:

transmitting, after the first communication device enters the target mode and in the first time period, the data frame that conforms to the specified rule to the first communication device.

9. The method according to claim 8, wherein the first communication device is a multi-link communication device, and the first communication device is capable of using M links after entering the target mode, wherein M is an integer greater than or equal to 1; and

the first indication information specifically indicates the first time periods respectively corresponding to the M links.

10. The method according to claim 7, wherein when the data frame is the data frame that is acknowledged by the first communication device and allowed to be transmitted, before transmitting the data frame to the first communication device, the method further comprises:

transmitting a third radio frame to the first communication device, wherein the third radio frame is used to request to transmit the data frame; and

receiving a fourth radio frame transmitted by the first communication device, wherein the fourth radio frame indicates that the data frame is allowed to be transmitted.

11. The method according to any one of claims 7 to 10, wherein the first radio frame further comprises second indication information, and the second indication information indicates the specified rule.

12. The method according to any one of claims 7 to 11, wherein the target parameter comprises one or any combination of the following parameters: a maximum quantity of spatial streams, a minimum quantity of spatial streams, a maximum modulation and coding set (MCS), a minimum MCS, a maximum bandwidth, a maximum presentation protocol data unit (PPDU) duration, a maximum data frame length, or dual carrier modulation.

13. A communication apparatus, comprising a processor, wherein the processor is coupled to a memory, the memory is configured to store a program or instructions, and when the program or the instructions are executed by the processor, the apparatus is enabled to perform the method according to any one of claims 1 to 6.

14. A communication apparatus, comprising a processor, wherein the processor is coupled to a memory, the memory is configured to store a program or instructions, and when the program or the instructions are executed by the processor, the apparatus is enabled to perform the method according to any one of claims 7 to 12.

15. A computer-readable storage medium, wherein the computer-readable storage medium stores instructions, and when the instructions are run on a computer, the computer is enabled to perform the method according to any one of claims 1 to 12.