CLAIMS:

1. A method for transmitting an uplink signal, comprising:

receiving configuration information of a zero-power demodulation reference signal (DMRS) sent from a network device, wherein the configuration information comprises resource configuration information and activation information, the resource configuration information is used to indicate a plurality of resources configured for the zero-power DMRS, and the activation information is used to indicate:

a) whether to enable the zero-power DMRS; and

b) selecting a resource occupied by the enabled zero-power DMRS in the plurality of resources configured for the zero-power DMRS indicated by the resource configuration information;

determining the resource occupied by the zero-power DMRS based on the resource configuration information in the configuration information;

wherein the resource occupied by the zero-power DMRS is not used for sending uplink data, and the resource occupied by the zero-power DMRS is not used for sending non-zero-power DMRS.

2. The method according to claim 1, wherein the resource configuration information is carried by a radio resource control RRC message.

3. The method according to claim 1, wherein the activation information is carried by a media access control element MAC CE message or downlink control information DCI.

4. The method according to claim 1, wherein the determining the resource occupied by the zero-power DMRS based on the configuration information of the zero-power DMRS comprises:

determining the resource occupied by the zero-power DMRS based on the resource configuration information, when the activation information indicates to enable the zero-power DMRS.

5. The method according to claim 1, wherein the resources configured for the zero-power DMRS share the same resources with resources configured for a corresponding non-zero-power DMRS.

6. The method according to claim 1, wherein the receiving the configuration information of the zero-power DMRS comprises:

receiving downlink control information sent by the network device for scheduling uplink transmission, wherein the downlink control information comprises the activation information which is used to enable the zero-power DMRS in a physical resource region which carries the uplink transmission.

7. The method according to claim 1, wherein not sending the uplink data is not sent on the resource comprises:

performing, on the resource occupied by the zero-power DMRS, rate matching or puncturing processing on uplink data.

8. A terminal, comprising:

a receiving unit, configured to receive configuration information of a zero-power demodulation reference signal (DMRS) sent from a network device, wherein the configuration information comprises resource configuration information and activation information, the resource configuration information is used to indicate a plurality of resources configured for the zero-power DMRS, and the activation information is used to indicate:

a) whether to enable the zero-power DMRS; and

b) selecting a resource occupied by the enabled zero-power DMRS in the plurality of resources configured for the zero-power DMRS indicated by the resource configuration information; a determining unit, configured to determine the resource occupied by the zero-power DMRS based on the resource configuration information in the configuration information;

wherein the resource occupied by the zero-power DMRS is not used for sending the uplink data, and the resource occupied by the zero-power DMRS is not used for sending a non-zero-power DMRS.

9. The terminal according to claim 8, wherein the resource configuration information is carried by a radio resource control RRC message.

10. The terminal according to claim 8, wherein the activation information is carried by a media access control element MAC CE message or downlink control information DCI.

11. The terminal according to claim 8, wherein the determining unit is configured to:

determine the resource occupied by the zero-power DMRS based on the resource configuration information, when the activation information indicates to enable the zero-power DMRS.

12. The terminal according to claim 8, wherein the resources configured for the zero-power DMRS share the same resources with resources configured for a corresponding non-zero-power DMRS.

13. The terminal according to claim 8, wherein the receiving unit is configured to:

receive downlink control information sent by the network device for scheduling uplink transmission, wherein the downlink control information comprises the activation information which is used to enable the zero-power DMRS.

14. The terminal according to claim 8, further comprising a performing unit configured to:

perform, on the resource occupied by the zero-power DMRS, rate matching or puncturing processing on uplink data.