



Introduction

Legislatures sometimes delegate responsibility for creating law to administrative agencies. With their subject-matter specialists on staff, agencies are sometimes better able to address topics that are complicated or unpredictable. Law created by agencies is known as administrative law, the most important part of which are *regulations* (sometimes called *rules*). This handout focuses on researching federal regulations, but the same principles apply to state regulations. Current federal regulations are organized by topic in the *Code of Federal Regulations (CFR)*.

Where to Access the CFR	
Annotated	Unannotated
Westlaw Lexis	eCFR from GPO Annual editions from govinfo

Enabling Legislation

An agency needs authorization from Congress before it can create any regulations. Congress grants this authority through a statute called **enabling legislation**. Enabling legislation designates what agency has the authority to create rules and sets the boundaries of that authority.

If you are reading a U.S. Code section, you have several tools you can use to find the regulations associated with that section. For example, 15 USC § 1453 sets out labeling requirements for consumer goods, but we want to find out if an agency has passed any regulations that specify what the requirements are for fruit juice, and where we can find those regulations in the CFR.

In Westlaw:

§ 1453. Requirements of labeling; placement, form, and contents of statement of quantit...

15 USCA § 1453 · United States Code Annotated · Title 15. Commerce and Trade (Approx. 2 pages)

Document Notes of Decisions (1) History (79) Citing References (1,180) **Context & Analysis (12)** Powered by KeyCite

Context & Analysis (12)

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Code Of Federal Regulations

- Animal food labeling, see 21 CFR § 501.1 et seq.
- Federal Food, Drug, and Cosmetic Act, applicable requirements, see 21 CFR § 1.1 et seq.
- Food labeling, see 21 CFR § 101.1 et seq.**

In Lexis:

Document: 15 USCS § 1453

Research References & Practice Aids

Cross References:
 This section is referred to in [15 USCS §§ 1454-1456, 1461](#).

Code of Federal Regulations:

Food and Drug Administration, Department of Health and Human Services—General enforcement regulations, [21 CFR 1.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Administrative practices and procedures, [21 CFR 10.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Formal evidentiary public hearing, [21 CFR 12.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Public hearing before a public board of inquiry, [21 CFR 13.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Public hearing before a public advisory committee, [21 CFR 14.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Public hearing before the Commissioner, [21 CFR 15.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Mutual recognition of pharmaceutical good manufacturing practice reports, medical device quality system audit reports, and certain medical device product evaluation reports: United States and the European Community, [21 CFR 26.0](#) et seq.

Food and Drug Administration, Department of Health and Human Services—Food labeling, [21 CFR 101.1](#) et seq.

Food and Drug Administration, Department of Health and Human Services—General, [21 CFR 500.23](#) et seq.

If you're using the federal government's free [eCFR](#) website, refer to the [Parallel Table of Authorities and Rules](#):

15 U.S.C.—Continued	CFR
	1633
1194...16 Parts 1025, 1605, 1608, 1611, 1616, 1630,	1631, 1632, 1633
1196	16 Part 1019
1198	16 Part 1009
1202	16 Part 1019
	19 Part 10
1203	16 Part 1061
1211—1214	16 Parts 1011, 1012, 1015, 1016
1213	16 Part 1750
1232	49 Part 575
1241—1245	19 Part 12
1251—1289	16 Part 1199
1261—1278	16 Parts 1015, 1500
1261—1276	16 Part 1031
	21 Part 1230
1261—1274	16 Parts 1011, 1012, 1016
1261...16 Parts 1009, 1119, 1501, 1502, 1505, 1507,	1510, 1511, 1512, 1513
1261n	16 Part 1061
1262...16 Parts 1501, 1502, 1505, 1507, 1510, 1511,	1512, 1513
1263	16 Parts 1019, 1119
1264	16 Parts 1019, 1119
1269	16 Parts 1501, 1502, 1702
1270	16 Part 1119
1273	16 Parts 1009, 1019, 1119
1278	16 Part 1119
1313	28 Part 49
1333	21 Parts 1, 1141
1392	49 Parts 5, 557, 570
1397	49 Parts 566, 568, 570, 571
1401	49 Parts 510, 566
1407	49 Parts 5, 510, 557, 566, 569, 570
1416	49 Part 557
1417	49 Part 556
1424	49 Part 569
1451—1461	21 Parts 10, 12, 13, 14, 15, 16, 601
1453—1455	16 Parts 500, 503
	21 Parts 26, 501, 530
1453	21 Parts 1, 101
1454—1455	16 Parts 501, 502

If you are reading a section in the CFR and you want to know where to find the enabling legislation, look for the line that says **AUTHORITY** or **STATUTORY AUTHORITY**.

§ 101.30 Percentage juice declaration for foods purporting to be beverages that contain f...
Code of Federal Regulations · Title 21. Food and Drugs · Effective: August 29, 2016 (Approx. 11 pages)

Document Notes of Decisions (1) History (4) Citing References (285) Context & Analysis (32) Powered by KeyCite

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Credits
[58 FR 2925, Jan. 6, 1993; 58 FR 44063, Aug. 18, 1993; 58 FR 49192, Sept. 22, 1993; 81 FR 33994, May 27, 2016; 81 FR 59131, Aug. 29, 2016; 83 FR 19619, May 4, 2018]

AUTHORITY: 15 U.S.C. 1453, 1454, 1455; 21 U.S.C. 321, 331, 342, 343, 348, 371; 42 U.S.C. 243, 264, 271.

Finding a Regulation in the Code of Federal Regulations

A citation to the CFR looks similar to a citation to the U.S. Code. Here’s a citation to the CFR section on fruit juice beverage labels:

21 CFR § 101.30 (2019)

- 21 is the *Title* – a subject division of the CFR.
- § 101.30 is the specific section – Section 30 of Part 101 (a “Part” is a subject subdivision of the CFR).

You can enter this citation in Lexis or Westlaw to get the text of the regulation.

You can also use [eCFR](#)’s Simple Search to retrieve a specific CFR section:

Home
gpo.gov
govinfo.gov

Browse / Search Previous

e-CFR Navigation Aids
Browse
Simple Search

Advanced Search
— Boolean
— Proximity

Search History
Search Tips
Corrections
Latest Updates
User Info
FAQs
Agency List
Incorporation By Reference

Electronic Code of Federal Regulations

e-CFR data is current as of **March 25, 2020**

Simple Search: Enter terms to search for in the form below. Use the pulldown to restrict the search to a particular region or regions within the text.

Order results by: Relevance

Enter a Title Number 21
To Limit Search to One Current CFR Title
[If left empty, all CFR Titles will be searched]

Search for: 101.30

within: Section Number

submit search

Need assistance?

Final Rules and Proposed Rules in the Federal Register

When an agency creates a new regulation, it must first publish it as a **proposed rule** in the *Federal Register* and allow the public to submit comments. After the comment period is over and the agency has made any changes to the regulation as a result of the comments, the agency publishes it in the Federal Register as a **final rule**, which is binding law. The final rule is then arranged by subject in the CFR. The process is similar to how a bill becomes a statute:

STAGE	HOW A FEDERAL REGULATION BECOMES LAW	HOW A FEDERAL STATUTE BECOMES LAW
Proposal	Proposed Rule	Bill
Discussion	Comment period	Floor debates, committees
Passed	Final Rule	Session Law
Codified	Code of Federal Regulations	United States Code

When the proposed rule and final rule appear in the Federal Register, they are published together with background information. Reading this background information can help you better understand the purpose and meaning of a regulation, just as legislative history can help you understand statutes.

To find a final rule in the Federal Register, go to the history line at the end of a CFR section. This line will identify the final rules that created the CFR section with citations to the Federal Register in chronological order. Here is the history line in the eCFR for 21 CFR § 101.30:

[58 FR 2925, Jan. 6, 1993, as amended at 58 FR 44063, Aug. 18, 1993; 58 FR 49192, Sept. 22, 1993; 81 FR 33994, May 27, 2016; 81 FR 59131, Aug. 29, 2016]

You can enter the Federal Register citation in Westlaw, Lexis, or the free government website federalregister.gov.

To find a proposed rule, look in the background information at the beginning of the final rule’s entry in the Federal Register. Usually, the entry begins with a summary of the rule, then may include a statement of costs and benefits, followed by a history of the rule. Somewhere near the beginning of this history, you will find a citation to the proposed rule. Look for mention of a proposed rule or a Notice of Proposed Rulemaking (NPRM).

For example, to find the final rule that amended 21 CFR § 101.30 on May 27, 2016, look in that CFR section’s history line and find a citation to 81 FR 33994:

- 81 is the volume of the Federal Register.
- 33994 is the page number within volume 81.

Enter the citation *81 FR 33994* in the “Search Federal Register Documents” search form on [federalregister.gov](https://www.federalregister.gov):

The screenshot shows the Federal Register website interface. At the top, it features the National Archives logo, the text "FEDERAL REGISTER The Daily Journal of the United States Government", and the date "Thursday, March 26th". Below this is a navigation bar with "Current Issue" (92 documents from 38 agencies, 286 Pages) and "Public Inspection" (12 documents from 10 agencies). A search bar is visible with the query "81 FR 33994" and a result count of "5 documents".

You will get a result that looks like this:

The screenshot shows a search result for the citation **81 FR 33994**. The result indicates that the document was found on page 33741 of volume 81. The document title is "Food Labeling: Revision of the Nutrition and Supplement Facts Labels". The description states that the Food and Drug Administration (FDA) is amending its labeling regulations for conventional foods and dietary supplements to provide updated nutrition information on the label to assist... The result is identified as a Rule by the Food and Drug Administration on 05/27/2016, spanning pages 33741-33999 (259 pages).

Page 33994 is where the text of the regulation itself appears. In this case, you want the background information, which begins on page 33741.

Yet, as we considered the issues raised in the ANPRMs and the citizen petitions, the public health profile of the U.S. population changed, and new information became available about nutrient definitions, reference intake values, and analytical methods. New dietary recommendations also were published. We reconsidered what nutrients we should require or permit to be listed on the Nutrition Facts label and what nutrient reference intake values we should use as a basis for calculating the percent DVs in food labeling. We also considered

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corresponding changes to the Supplement Facts labels. Consequently, in the **Federal Register** of March 3, 2014 ([79 FR 11879](#)), we issued a proposed rule to amend our labeling regulations for conventional foods and dietary supplements to provide updated nutrition information on the label and to help consumers maintain healthy dietary practices. The preamble to the proposed rule discussed,

Towards the beginning of the background information, you find a citation to the proposed rule at 79 FR 11879.